

PALEO COOKBOOKS

Paleo Cookbook

Website:
www.paleocookbook.com

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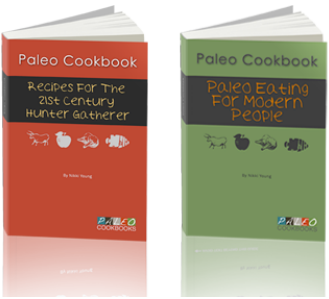
IMPORTANT: Those who might be at risk from the effects of salmonella food poisoning (the elderly, pregnant women, young children and those suffering from immune deficiency diseases) should consult their healthcare professional about eating raw eggs.

More Paleo Cookbooks!

The Paleo Cookbooks provide you with a range of dishes for every occasion - from light no-fuss meals through to dinner parties, family celebrations and summer salads

These paleo recipes are easy to follow and use wonderfully fresh ingredients, with the emphasis on flavor and visual appeal. The Paleo Cookbooks provides a wealth of ideas and recipes for a collection of mouth watering meals.

Simple and easy to create recipes with clear step by step instructions you will be able to produce paleo friendly meals that get rave reviews from friends and family every- time!



Snacks – Meat – Chicken – Fish & Seafood – Soups – Salads - Omelet's – Desserts – Chocolate – Capsicum Sandwiches - Noodle Recipes - Breakfast Recipes – Foccacias

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SHOPPING LIST

Meals for the week

Meats / Poultry

Vegetables

Fruits

Other

Nuts, Seeds & Oils

Notes



Fresh ingredients will always taste better!

- Recipes use organic, grass-fed, hormone and preservative free beef, lamb and chicken.
- Eggs are from grass-fed, free-range, hormone-free chickens.
- Vegetables, fruits and herbs are sourced from local farmers markets and home grown sources.
- All vegetables, fruits and herbs are washed before use.
- Aged balsamic vinegar is used. I also use raw apple cider vinegar that contains the mother.
- Onion and garlic is peeled and lose skin removed before use.
- Recipes are made using common kitchen utensils and a conventional oven.
- If you wish to use salt within the recipes, do so sparingly.

Recipes marked with the following colored spots are perfect for the following meals:

- *green* = Breakfast
- *orange* = Lunch
- *blue* = Dinner
- *purple* = Sweets
- *red* = Perfect with a meat dish
- *yellow* = Handy on the move snack

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SALADS
&
SIDES

Blood Orange & Avocado Salad

.....

Serves 4



4 cups rocket
1 blood orange, peeled and cut into 16 thin wedges
1 avocado, diced
2 tbs olive oil

Instructions

Place all the ingredients in a bowl and combine well.

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Green Beans & Zucchini Salad

.....

Serves 4

200g green beans, topped, tailed
200g snow peas, topped, tailed
3 medium, zucchini, peeled into ribbons
1 cup green peas
4 tbs olive oil
2 tbs balsamic vinegar
⅔ cup mint leaves

Instructions

Steam the beans in a pan with some water until cooked, drain and set to the side.

Place the beans into a bowl along with the snow peas, zucchini, green peas, olive oil and balsamic vinegar, combine well.

Mix the mint leaves into the salad just before serving.

Baby Cress and Herb Side Salad

.....

Serves 4

8 bacon eyes, finely diced
2 tbs olive oil
⅓ cup basil, finely chopped
⅓ cup parsley, finely chopped
⅓ cup coriander, finely chopped
¼ cup dill, finely chopped
4 cups baby cress
2 cups rocket leaves

Dressing
Finely grated rind of 1 lemon
3 tbs lemon juice
6 tbs olive oil

Instructions

Place the olive oil and bacon in a frying pan on medium heat and fry until the bacon has begun to crisp. Remove from the heat.

Place the bacon, basil, parsley, coriander, dill, baby cress and rocket in a bowl and combine well.

Place the dressing ingredients in a small bowl and combine well then stir through the salad before serving.

Rocket and Basil Side Salad

Serves 4



3 cups rocket
1 bunch basil, roughly chopped
3 tbs macadamia oil
1 tbs lemon juice
1 tbs finely grated lemon rind

Instructions

Place all the ingredients in a bowl and combine well.

Garnish with lemon rind to serve.

Grated Beetroot & Carrot Salad

Serves 4-6

3 medium carrots, coarsely grated
2 medium beetroot, coarsely grated
1 tsp ground cumin
½ tsp paprika
2 tbs lemon juice
3 tbs walnut oil

Instructions

Place all the ingredients in a bowl and combine well.

Eggplant & Red Onion Side

Serves 4-6

2 large eggplants, cut in 1cm cubes
1 red onion, finely chopped
4 garlic cloves, finely chopped
2 celery sticks, finely diced
3 tbs olive oil
2 tbs small capers, finely chopped
⅓ cup black olives, pitted, chopped
¼ cup pine nuts
2 tbs tomato purée
3 tbs red wine vinegar
4 tbs parsley, finely chopped

Instructions

In a saucepan on medium heat fry the onion, garlic and celery in 1 tbs of olive oil until the onion has softened. Add the capers, olives, pine nuts and tomato purée and cook for 10 minutes, stirring occasionally.

Place the eggplant and remaining 2 tbs of olive oil in a frying pan on medium heat and cook for 8-10 minutes or until soft and golden brown.

Add the eggplant to the onion and celery mixture and combine well. Stir in the red wine vinegar and cook for a further 5 minutes.

Serve warm with fresh parsley to garnish.

Red Apple & Leek Side Salad

.....

Serves 4



3 red apples, cored and thinly sliced
1 medium leek, thinly sliced
2 tbs olive oil
2 tsp lemon juice

Instructions

In a large pan on medium heat fry the leek in 1 tbs olive oil for 5 minutes, or until the leek has softened. Add the sliced apple and stir constantly for 2 minutes.

Place the leek and apple in a bowl along with the remaining 1 tbs of olive oil and lemon juice, toss to combine.

.....

Mixed Zucchini Salad

.....

Serves 4

3 small yellow zucchini, thinly sliced diagonally
3 small green zucchini, thinly sliced diagonally
1 red capsicum/bell pepper, finely grated
2 garlic cloves, finely grated
4 tbs olive oil
2 tbs apple cider vinegar

Instructions

Place all the ingredients in a bowl and combine well.

Grilled Capsicum Side with Balsamic Dressing

.....

Serves 2-4



2 yellow capsicums/bell peppers, thickly sliced
2 red capsicums/bell peppers, thickly sliced
6 thyme sprigs
4 garlic cloves, finely grated
2 tbs olive oil
1 tbs balsamic vinegar

Instructions

Preheat a grill to medium-high heat.

Place the capsicum slices and thyme on the grill and cook for 6-8 minutes or until the capsicum is tender.

Place the capsicum in a bowl along with the garlic, olive oil and balsamic vinegar and combine well.

Spiced Sweet Potato and Spinach Side

.....

Serves 4

1 large sweet potato, diced into 1cm cubes
2 tbs olive oil
1 red onion, finely chopped
2 garlic cloves, finely chopped
200g baby spinach
2 tsp curry powder

Instructions

Place the diced sweet potato in a covered pan with water on medium-high heat and boil for 10-15 minutes or until tender.

Heat the oil in a pan on medium heat and fry the onion and garlic until browned. Add the spinach to the pan and stir until the spinach begins to wilt. Add the sweet potato and curry powder, stir for 2 minutes.

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Avocado & Pea Side Salad

.....

Serves 4



3 cups peas
1 large avocado, roughly chopped
1 tbs lemon juice
3 tbs olive oil

Instructions

Place all the ingredients in a bowl and combine well.

Char-Grilled Rainbow Salad

Serves 4-6



1 red capsicum/bell pepper
1 yellow capsicum/bell pepper
2 baby eggplants, thinly sliced
2 zucchini, thinly sliced
½ sweet potato, thinly sliced
1 red onion, cut into wedges
1 radicchio, leaves separated
½ cup black olives, pitted
2 tbs oregano, finely chopped
¼ cup olive oil
2 tbs lemon juice

Instructions

Preheat a BBQ grill or grill plate on high heat.

Cook the vegetables alternatively on the grill until they have become char-gilled and tender.

In a small bowl combine the oregano, olive oil and lemon juice.

Place the radicchio leaves on a plate next to the char-grilled vegetables and top with the olives and oregano dressing to serve.

Oven Roasted Capsicum & Coriander Salad

.....

Serves 4



2 red capsicums/bell peppers
2 yellow capsicums/bell peppers
1 tbs ground turmeric
2 tbs olive oil
1 red onion, thinly sliced
4 garlic cloves, finely grated
½ tsp ground paprika
1 tbs apple cider vinegar
½ cup black olives, pitted, halved
½ cup coriander, roughly chopped

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the capsicum halves skin-side down onto a baking tray lined with baking paper and coat in turmeric and 1 tbs of olive oil. Bake the capsicum for 30-40 minutes or until tender. Remove from the oven and cool.

Fry the onion and garlic in a pan with the remaining 1 tbs of olive oil on medium heat until browned.

Slice the cooled capsicum into thin strips then place in a bowl along with the red onion, garlic, paprika, apple cider vinegar, olives and coriander and combine well.

Serve.

Sweet Potato, Basil and Walnut Side

.....

Serves 4



1 medium sweet potato, peeled, diced into 1cm cubes
1 bunch basil, roughly chopped
½ cup walnuts, roughly chopped
2 tbs olive oil
3 tbs balsamic vinegar

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the walnuts on a baking tray lined with baking paper and bake in the oven for 8-10 minutes or until they are lightly toasted.

Place the diced sweet potato in a covered pan with water on medium-high heat and boil for 10-15 minutes or until tender. Drain and cool slightly.

Place the sweet potato, basil, oil and balsamic vinegar in a bowl and combine well. Stir through the walnuts.

Serve.

Mixed Tomato and Oregano Side Salad

.....

Serves 6-8

1 cup cherry tomatoes, halved
1 cup yellow pear tomatoes, halved
3 tbs oregano, finely chopped
2 tbs almond oil
1 tbs balsamic vinegar

Instructions

Place all the ingredients in a bowl and combine well.

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Sautéed Red Cabbage Side

.....

Serves 6-8

1 small red cabbage, thinly sliced
2 tbs olive oil
3 tbs lemon juice
2 tbs apple cider vinegar

Instructions

Place the red cabbage and olive oil in a heated frying pan and fry the cabbage for 15 minutes. Add the lemon juice and apple cider vinegar, cover and cook for a further 10-15 minutes or until the cabbage has wilted. Remove from heat.

Serve.

Green Salad with Garlic and Lemon Dressing

.....

Serves 4-6

1 green capsicum/bell pepper, chopped
4 spring onions, thinly sliced
2 cucumbers, seeded, halved, thinly sliced
1 cup tomatoes, chopped
10 red radishes, thinly sliced
1 bunch parsley, finely chopped

Dressing
2 garlic cloves, finely grated
4 tbs olive oil
4 tbs lemon juice

Instructions

Place the salad ingredients in a bowl and combine well.

Place the garlic, olive oil and lemon juice in a screw-top jar and shake well.

Mix the dressing into the salad just before serving.

Baby Carrot, Apricot and Pine Nut Salad

.....

Serves 6-8

2 bunches baby carrots
6 apricots, seeded, cut into 8 wedges
5 spring onions, white stalks sliced
2 tbs olive oil
1 tbs honey
¼ cup pine nuts

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line a baking tray with baking paper. Place the baby carrots, apricots, spring onions, olive oil and honey on the tray and bake in the oven for 10-15 minutes, stirring occasionally until the carrots are slightly tender.

Add the pine nuts and return to the oven for 5-8 minutes or until the pine nuts are lightly toasted.

Cool before serving.

Rocket & Roast Vegetable Salad

Serves 4-6

1 sweet potato, diced into 1cm cubes
2 red capsicums/bell peppers, diced
1 medium eggplant, diced into 1cm cubes
1 red onion, cut into 8 wedges
⅓ cup black olives, pitted, halved
3 tbs olive oil
2 tbs balsamic vinegar
100g rocket

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven tray with baking paper. Place the sweet potato on the tray along with the olive oil and coat well. Place in the oven for 15 minutes. Add the diced red capsicums, eggplant and onion and combine well with the sweet potato. Place back into the oven for 40-50 minutes, or until the vegetables are tender. Cool.

Place the vegetables in a bowl along with the olives, olive oil and balsamic vinegar, combine well.

Fold in the rocket to serve.

Coriander, Chive & Mandarine Side Salad

Serves 4-6



1 cup coriander, roughly chopped
½ cup chives, finely chopped
1 small red onion, finely sliced
2 small cucumbers, halved, thinly sliced
2 mandarines, peeled, segmented
2 tbs avocado oil
Pinch of ground pepper

Instructions

Place all the ingredients in a bowl and combine well. Serve.

Fennel, Apple & Pecan Salad

Serves 4-6

2 medium fennel, thinly sliced
⅔ cup pecans, roughly chopped
1 green apple, thinly sliced
1 bunch watercress
4 tbs citrus dressing (pg 181)

Instructions

Place the pecans in a frying pan on low heat and cook stirring constantly until lightly toasted.

Place the pecans into a bowl along with the fennel, apple, watercress and citrus dressing and combine well.

Parsley & Macadamia Nut Salad

Serves 2-4

½ bunch parsley, roughly chopped
½ bunch mint, roughly chopped
1 cup cherry tomatoes, halved
⅓ cup macadamia nuts, roughly chopped
2 tbs macadamia oil
1 tbs apple cider vinegar
1 tbs lime juice

Instructions

Place all the ingredients in a bowl and combine well. Serve.

Green Mango & Bean Sprout Side Salad

Serves 4-6

1 green mango, skin removed
80g bean sprouts
½ cup coriander, finely chopped
1 tbs lime juice
½ tsp finely grated lime rind
2 tbs walnut oil

Instructions

Cut the mango flesh into matchstick sized pieces, then place in a bowl along with the bean sprouts, coriander, lime juice, lime rind and walnut oil and combine well. Serve.

Lebanese 'Tabouli'

Serves 4-6



1 bunch parsley, roughly chopped
½ cup mint, roughly chopped
2 tomatoes, finely diced
3 spring onions, finely chopped
1 garlic clove, finely grated
1 tbs lemon juice
3 tbs olive oil
1 tsp ground black pepper

Instructions

Place all the ingredients in a bowl and combine well. Serve.

Broccolini, Walnut & Pomegranate Side

Serves 4-6

2 bunches broccolini, ends removed
⅔ cup walnuts, roughly chopped
½ cup pomegranate seeds (approximately ½ a pomegranate)
2 tbs walnut oil

Instructions

In a saucepan on medium heat, steam the broccolini for 4-5 minutes or until just tender.

Place the broccolini into a bowl along with the walnuts, pomegranate and walnut oil and combine well.

Serve.

Pumpkin & Hazelnut Side Salad

Serves 2-4



3 cups pumpkin, diced into 1cm cubes
100g mixed salad leaves
3 tbs avocado oil
½ cup hazelnuts

Instructions

Place the diced pumpkin in a covered pan with water on medium-high heat and boil for 8-10 minutes or until tender. Drain and cool slightly.

Place the pumpkin, salad leaves and avocado oil in a bowl and combine well.

To serve, top the salad with hazelnuts.

Tomato, Basil & Mint Salsa

Serves 4

2 cups cherry tomatoes, finely chopped
2 tbs basil, finely chopped
2 tbs mint, finely chopped
1 avocado, finely diced
1 red onion, finely chopped
1 garlic clove, finely grated
2 tbs lime juice
1 tbs olive oil

Instructions

Place all the ingredients in a bowl and combine well. Serve.

Baby Endive, Avocado and Radish Side Salad

Serves 6-8

5 cups baby endive
1 avocado, diced
4 radishes, thinly sliced
½ cup walnuts, chopped
2 tbs olive oil
3 tbs lemon juice

Instructions

Place all the ingredients in a bowl and combine well. Serve.

Green Apple & Walnut Salad

Serves 2-4

1 cup walnuts, chopped
2 small green apples, cored, diced
2 green onions, thinly sliced
1½ cups parsley, roughly chopped
2 tbs olive oil
1 tbs lemon juice

Instructions

Heat a frying pan on low-medium heat. Add the walnuts and toast, stirring regularly for 2-3 minutes until lightly golden.

Place the apples, onions, parsley, olive oil and lemon juice in a bowl and combine well.

Stir in the toasted walnuts to serve.

Hot Cucumber Side

.....

Serves 4-6

2 cucumbers, finely chopped
2 tomatoes, finely diced
1 red onion, finely chopped
⅓ cup coriander, finely chopped
1 red chilli, finely chopped
1 green chilli, finely chopped
2 tbs lemon juice

Instructions

Place all the ingredients in a bowl and combine well.

.....

Papaya Salsa

.....

Serves 4-6

1 papaya, peeled, diced
1 small red onion, grated
2 jalapenos, seeded and grated
½ cup coriander, finely chopped
2 tbs lime juice

Instructions

Place all the ingredients in a bowl and combine well.

Fennel Salad with Shallot Dressing

.....

Serves 4-6



2 medium fennel, thinly sliced
½ cup parsley, roughly chopped
1 small red onion, thinly sliced
1 shallot, roughly chopped
3 tbs balsamic vinegar
½ cup olive oil
Pinch of ground black pepper

Instructions

Place the fennel, parsley and red onion in a bowl and combine well.

Place the chopped shallot and balsamic vinegar into the bowl of a food processor and blend until smooth. Add the olive oil at around 1 tbs at a time to prevent the dressing from separating. Add pepper to taste.

Place the salad in a bowl and add the dressing just before serving.


POULTRY

Shredded Chicken with Thyme & Mint

Serves 2



2 chicken breasts
¼ tsp ground fennel seeds
4 tbs thyme, finely chopped
6 tbs olive oil
½ cup mint, roughly torn
2 lemon wedges to serve

Instructions

Poach the chicken breasts in water for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the chicken breasts.

Place the ground fennel seeds, thyme and olive oil in a bowl and combine well. Add the shredded chicken and coat well in the olive oil mixture.

Serve with a lemon wedge and top with mint.

Oregano & Garlic Chicken Skewers

.....

Serves 6



6 wooden skewers; soaked in cold water for 30 minutes

2 chicken breasts, diced

Marinade
2 tbs olive oil
2 tbs oregano, finely chopped
1 tsp finely grated lemon rind
2 tbs lemon juice
2 garlic cloves, finely grated
½ tsp ground cumin
1 tsp ground coriander seeds

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit or preheat a BBQ grill on high heat.

To make the marinade, place the olive oil, oregano, lemon rind, lemon juice, garlic, cumin and coriander in a small bowl and combine well.

Line an oven tray with baking paper. Thread the diced chicken onto the skewers and place on the oven tray or set-aside onto a plate if grilling. Coat the chicken with the oregano marinade.

Bake the skewers in the oven for 30-40 minutes or until chicken is cooked through. If cooking on a BBQ grill, cook the chicken for 5-6 minutes each side.

Serve.

Chicken & Zucchini Skewers

.....

Serves 2



6 wooden skewers; soaked in cold water for 30 minutes

2 chicken breasts, diced
1 tbs olive oil
2 tbs sumac seasoning
2 large zucchini, halved then sliced into bite size pieces

Instructions

Preheat a BBQ grill on high heat.

Place the diced chicken, olive oil and sumac seasoning in a bowl and combine well.

Thread the diced chicken alternately with zucchini onto the skewers.

Cook the skewers on the BBQ grill for 5-6 minutes each side or until chicken is cooked through.

Serve.

Pepita & Sesame Crusted Chicken Breasts

.....

Serves 2



2 chicken breasts, cut into 3 pieces
½ cup pepitas
⅓ cup sesame seeds
2 tbs lime juice
1 egg white, lightly beaten

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place the pepitas, sesame seeds and lime juice in a bowl and combine well. Coat the chicken pieces in the beaten egg white, then press the pepita and sesame mixture into all sides of the chicken pieces to coat.

Place the chicken pieces on a baking tray lined with baking paper. Place in the oven for 20-30 minutes or until the chicken has cooked.

Serve with a side of salad.

Cajun Seasoned Chicken Salad with Toasted Walnuts

.....

Serves 2



1 chicken breast, thinly sliced
1 tbs Cajun seasoning
¼ cup walnuts, roughly chopped
3 cups rocket
1 red apple, cored, sliced
3 tbs lemon juice
1 tsp honey
1 tbs olive oil
2 tbs white wine vinegar

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven tray with baking paper. Place the chicken slices in a bowl and coat in the Cajun seasoning. Place the chicken on the baking tray and bake in the oven for 15 minutes or until the chicken is cooked. Set aside to cool.

Heat a frying pan on low-medium heat. Add the walnuts and toast for 2-3 minutes until lightly golden. Stir regularly to avoid nuts burning.

Place the rocket, apple slices, lemon juice, honey, olive oil and white wine vinegar in a bowl and combine well.

To serve, place the rocket and apple salad on a plate and top with the Cajun chicken and toasted walnuts.

Moroccan Chicken with Orange & Olive Salsa

.....

Serves 4

2 chicken breasts
1 tbs olive oil
½ tsp turmeric
2 tsp ground cumin
1 tsp ground coriander
1 tsp ground paprika

Salsa
2 oranges, peeled, segmented, chopped
¼ cup basil, finely chopped
2 Roma tomatoes, finely diced
8 black olives, pitted, finely chopped
1 tbs macadamia oil

Instructions

Preheat a grill to medium heat.

Place the olive oil, turmeric, cumin, coriander and paprika in a small bowl and combine well. Rub the spices onto one side of each chicken breast and place on the grill.

Cook for 6-8 minutes each side or until the chicken is cooked through.

Place all the salsa ingredients in a bowl and combine well.

Serve the chicken breasts with a side of salsa.

Easy Chicken & Prosciutto Bake

Serves 6



1 whole roasted chicken
4 tbs olive oil
2 cups cherry tomatoes
1 cup basil, roughly chopped
1 garlic bulb, cloves separated
⅔ cup black olives
1 tsp chilli flakes
6 slices prosciutto

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

To prepare the roasted chicken, cut off the legs and wings and remove the meat from the carcass and shred.

Place the chicken pieces, olive oil, tomatoes, basil, garlic cloves, olives and chilli flakes in an ovenproof dish and mix well. Cover the dish with aluminium foil and bake in the oven for 40 minutes.

Remove the aluminium foil from the dish and place the prosciutto slices on top of the chicken and other ingredients. Return the dish to the oven, uncovered, for a further 15 minutes.

Cool before serving.

Garlic Chicken with Roast Fennel and Walnuts

.....

Serves 2

2 chicken breasts
2 garlic bulbs
5 tbs olive oil
½ tsp ground pepper
1 medium fennel, thinly sliced
⅔ cup walnuts, roughly chopped

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven dish with aluminium foil. Place the chicken breasts and garlic bulbs in the dish, drizzle 3 tbs of olive oil over the top of the garlic bulbs. Sprinkle the chicken with pepper. Cover the oven dish tightly with aluminium foil and place in the oven for 30-40 minutes, or until the chicken is cooked through.

Line another oven tray with baking paper. Place the fennel on the tray and coat well in the remaining 2 tbs of olive oil. Place the tray in the oven and bake for 30 minutes or until the fennel has softened. Add the walnuts and mix well with the fennel. Return the tray to the oven for a further 8-10 minutes or until the walnuts are lightly toasted.

Place the chicken breasts and garlic bulbs on a plate and serve with a side of roast fennel and walnuts.

Easy Chicken Casserole

.....

Serves 4



8 chicken drumsticks
2 tbs olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
3 cups mushrooms, quartered
2 tbs tomato paste
2 cups diced tomatoes
1½ cups chicken stock *(pg 186)*
1 bunch thyme
1 eggplant, diced

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Heat a large saucepan, fry the chicken drumsticks in the olive oil until brown all over. Remove the chicken from the pan and add the onion and garlic, cook until the onion becomes tender.

Return the chicken to the pan along with the mushrooms, tomato paste, diced tomatoes, chicken stock and thyme. Transfer the ingredients to an ovenproof baking dish and cover. Place the dish in the oven and cook for 30 minutes.

Remove the dish from oven and add the eggplant before returning uncovered into the oven to cook for a further 30 minutes.

Cool before serving.

Shredded Chicken with Pumpkin Seeds & Bacon

.....

Serves 2



1 chicken breast
6 bacon eyes, thinly sliced
3 tbs olive oil
1 garlic clove, finely chopped
⅓ cup pumpkin seeds
¼ tsp chilli flakes
200g button mushrooms, sliced
1 bunch chives, roughly chopped
1 tsp paprika
Pinch of ground black pepper
50g snow pea sprouts

Instructions

Poach the chicken breast in water for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the chicken breast.

Meanwhile, place the bacon in a frying pan on medium-high heat with 1 tbs of olive oil, fry until golden brown. Add the garlic, pumpkin seeds, chilli flakes, and mushrooms and fry for 2-3 minutes or until the mushrooms are tender. Remove from the heat and stir in the shredded chicken, chives, paprika and pepper.

Serve the chicken with a side of snow pea sprouts or salad.

Chicken Stew

.....

Serves 4



4 chicken thighs, diced
1 tbs paprika
1 red chilli, finely chopped
½ tsp ginger, finely grated
2 tbs lemon juice
2 tbs olive oil
1 onions, finely chopped
3 garlic cloves, finely chopped
1 cup diced tomatoes
2 cups chicken stock (pg 186)
⅔ cup coconut milk
¼ cup coriander, roughly chopped

Instructions

Place the diced chicken, paprika, chilli, ginger and lemon juice in a bowl and combine well.

In a saucepan on medium heat fry the onion and garlic in the olive oil until lightly browned.

Add the chicken to the pan and fry until the chicken has browned all over. Add the tomatoes, chicken stock and coconut milk to the pan. Reduce heat to a simmer, cover and cook for 15-20 minutes, or until the chicken has become tender.

Serve with fresh coriander.

Turkey Bolognese

Serves 4



500g turkey mince
2 tbs olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
1 medium carrot, finely diced
⅓ cup basil, finely chopped
1 cup diced tomatoes
⅔ cup chicken stock *(pg 186)*

Instructions

Heat oil in a pan on medium heat and fry the onion and garlic until browned. Add the turkey meat, stirring constantly to remove lumps.

When the turkey mince has browned, add the diced carrot and basil and cook stirring for 2 minutes.

Add the diced tomatoes and chicken stock, cover the pan and simmer for 30-40 minutes.

Serve.

Turkey Skewers

Serves 4



6 wooden skewers; soaked in cold water for 30 minutes.

500g turkey breasts, diced
4 tbs olive oil
1 tbs white wine vinegar
2 bay leaves
1 tbs sage, finely chopped
1 red capsicum/bell pepper, cut into bite size pieces
1 yellow capsicum/bell pepper, cut into bite size pieces
10 button mushrooms

Instructions

Place the olive oil, vinegar, bay leaves and sage in a bowl; combine well. Add the turkey and coat well.

Cover the bowl with cling film and refrigerate for 1-2 hours, stirring occasionally to coat the turkey in olive oil mixture.

Preheat a grill to medium heat.

Thread the diced turkey onto skewers alternately with diced capsicum and mushrooms.

Place the skewers on the BBQ grill and cook for 6-7 minutes each side.

Serve.

Baked Chicken with Almond, Parsley & Rocket Salad

.....

Serves 2



2 chicken breasts
2 tbs olive oil
10 sage leaves, torn

Salad
⅔ cup almonds, roughly chopped
½ cup parsley, roughly chopped
2 cups rocket
1 tbs macadamia oil
2 tsp lemon juice

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven dish with aluminium foil. Place the chicken breasts in the dish and drizzle with olive oil and top with sage leaves. Cover the oven dish tightly with aluminium foil and place in the oven for 30-40 minutes, or until the chicken is cooked through.

Line a baking tray with baking paper. Place the almonds on try and bake in the oven for 6-8 minutes, or until they have lightly toasted.

Place the parsley, rocket, macadamia oil and lemon juice in a bowl and combine well. Stir through the almonds.

Place the chicken breasts on a plate and serve with a side of salad.

Prosciutto Wrapped Baked Chicken with Ginger Vegetables

.....

Serves 4

4 chicken breasts
4 prosciutto slices
1 tbs olive oil
4 thyme sprigs

Vegetables
4 beetroots, peeled, quartered
3 medium carrots peeled, sliced
1 medium fennel, sliced
1 tsp ground ginger
2 tbs olive oil

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line a baking tray with baking paper. Place the beetroot and 1 tbs of olive oil in the baking tray and combine well. Place the tray in the oven and bake for 15 minutes. Add the carrots, fennel, ginger and remaining 1 tbs of olive oil, combine well and return to the oven for a further 30-40 minutes, or until the vegetables are tender.

Line an oven dish with aluminium foil. Wrap each chicken breasts in a slice of prosciutto and place in the dish, drizzle the olive oil over the top of the chicken breasts and top with a sprig of thyme. Cover the dish tightly with aluminium foil and place in the oven for 30-40 minutes, or until the chicken is cooked through.

Serve the chicken with the ginger vegetables.

Argentinean BBQ Chicken

Serves 4



2 chicken breasts, cut into strips
4 tbs olive oil
4 garlic cloves, finely grated
2 tbs paprika
1 tbs ground cumin
¼ tsp allspice
1 tbs oregano, finely chopped
⅓ cup lemon juice

Instructions

Place the olive oil, garlic, paprika, cumin, allspice, oregano and lemon juice in a bowl and combine well. Add the chicken strips and coat well.

Cover the bowl with cling film and refrigerate for 1-2 hours, stirring occasionally to coat the chicken in the marinade.

Pre-heat a BBQ grill to medium-high heat. Place the chicken strips on the grill and cook for 6-8 minutes each side, or until the chicken has cooked through.

Serve with a fresh salad.

Poached Chicken and Green Bean Salad

.....

Serves 2

2 chicken breasts
4 cups green beans, thinly sliced
2 cups yellow pear tomatoes, quartered
½ cup black olives, pitted, halved
10 basil leaves, thinly sliced
4 tbs olive oil
2 tbs balsamic vinegar

Instructions

Poach the chicken breasts in water for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, dice the chicken breasts.

Steam the beans in a pan with some water until cooked, drain and set to the side.

Place the yellow pear tomatoes, olives, basil, olive oil and balsamic vinegar in a bowl and combine well.

To serve, place the beans on a plate and top with the poached chicken pieces and tomatoes.

Grilled Chicken Breast with Basil Oil

.....

Serves 4



4 chicken breasts, each sliced into 3 pieces
1 cup basil, roughly chopped
½ cup olive oil
2 garlic cloves, roughly chopped
Pinch of ground black pepper

Instructions

Place the basil, olive oil, garlic and pepper into the bowl of a food processor and blend until the mixture is smooth.

Preheat a grill to medium heat.

Lay the chicken breast pieces out and rub the basil oil over both sides. Place on the grill and cook for 4-5 minutes, turning over once until the chicken is cooked.

Serve.

Turkey Chilli

Serves 4



500g turkey breasts
1 tbs olive oil
1 onion, roughly chopped
2 garlic cloves, finely chopped
1 leek, roughly chopped
1 carrot, roughly chopped
1 red capsicum/bell pepper, roughly chopped
1 yellow capsicum/bell pepper, roughly chopped
1 tbs thyme, finely chopped
1 tsp ground cumin
1 tsp paprika
½ tsp chilli flakes
3 x 400g canned diced tomatoes
3 tbs lemon juice
1 cup parsley, chopped

Instructions

Poach the turkey breasts in water for 6-7 minutes or until cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the turkey breasts.

Meanwhile, in a pan on medium-high heat fry the onion, garlic, leek, carrot and capsicums for 5 minutes. Add the thyme, cumin, paprika and chilli and stir for 1 minute before adding the diced tomatoes and lime juice. Cover and simmer for 10-15 minutes or until the vegetables are tender.

Add the shredded turkey to the pan, cover and cook for a further 2 minutes or until the turkey has heated through.

Serve with a garnish of parsley.

Coconut Poached Chicken with Bean Sprout & Sesame Salad

.....

Serves 4



2 chicken breasts
400ml coconut milk

<u>Salad</u>
1 cup bean sprouts
1 carrot, grated
1 small cucumber, thinly sliced
½ cup mint, finely chopped
½ cup coriander, finely chopped
2 tbs lime juice
3 tbs sesame oil
3 tbs sesame seeds

Instructions

Poach the chicken breasts in the coconut milk for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, thinly shred the chicken breasts.

Meanwhile, place the salad ingredients except for the sesame seeds in a bowl and combine well.

Place the salad in a bowl and top with the chicken slices and a sprinkle of sesame seeds to serve.

Baked Chicken with Rosemary, Thyme & Baby Carrots

.....

Serves 4

1 whole chicken
4 garlic bulbs, loose skin removed
6 sprigs thyme
4 sprigs rosemary
¼ cup olive oil
3 bunches baby carrots, tops removed
10 shallots, peeled
4 cups chicken stock *(pg 186)*

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place the chicken into a roasting tray and place one halved garlic bulb, two sprigs of thyme and two sprigs of rosemary into the cavity of the chicken.

Rub the olive oil evenly into the skin of the chicken.

Place the baby carrots, shallots and remaining garlic, thyme and rosemary into the tray around the chicken. Cover the tray tightly with aluminium foil. Place in the oven for 40 minutes. Remove the aluminium foil and return to the oven for a further 30-40 minutes or until the chicken is golden brown and cooked through. To test if the chicken is cooked, insert a skewer into the thickest area of the chicken thigh, if juices run out clear the chicken has cooked through.

Remove the garlic cloves from the bulbs (not including the bulb from within the chicken), place into a bowl along with the chicken stock to make a sauce. Add to a pan on low-medium heat and bring to simmering point then remove from heat.

Cut the chicken into pieces and serve with a side of carrot and shallots. Drizzle with some garlic sauce to serve.

Spicy Grilled Chicken with Mung Bean & Carrot Salad

.....

Serves 4

2 chicken breasts, cut into 1cm strips
1 small onion, roughly chopped
4 garlic cloves, finely chopped
3 tbs white wine vinegar
4 tbs olive oil
3 tsp ground coriander seeds
2 tsp cumin seeds
1 tsp ground cardamon seeds
1 tsp ground cinnamon
½ tsp ground cloves
1 tsp ground ginger
½ tsp cayenne pepper

Salad
⅔ cup yellow mung beans
2 cups carrot, finely grated
⅔ cup coriander, roughly chopped
⅓ cup freshly grated coconut
1 tbs olive oil
2 tbs lemon juice

Instructions

Preheat a BBQ grill on high heat.

Place all ingredients but the chicken strips into the bowl of a food processor and blend to form a smooth paste.

Place the spicy paste in a mixing bowl along with the chicken and coat well.

Place the chicken strips on the grill and cook for 4-5 minutes each side until chicken is cooked.

Place all the salad ingredients in a bowl and combine well.

Serve the chicken strips with a side of salad.

Chicken Salad with Currants & Almonds

.....

Serves 2



2 chicken breasts
¼ cup almond slivers
80g snow pea sprouts, leaf section only
¼ cup sage leaves, chopped
2 tbs currants
1 tsp ground cumin
1½ tsp paprika
2 tbs almond oil
2 tbs lemon juice

Instructions

Poach the chicken breasts in water for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, shred the chicken breasts.

Place the almond slivers into a frying pan on low heat and cook stirring constantly until lightly toasted. Remove from heat.

Place the sliced chicken, snow pea sprouts, sage, currants, cumin, paprika, almond oil and lemon juice in a bowl and combine well.

Mix the almond slivers into the salad just before serving.

Coconut Chicken & Artichoke Salad

.....

Serves 4



2 chicken breasts
400ml coconut milk
1 garlic clove, finely grated
1 grapefruit, segmented
1 jar of artichokes in oil, halved
100g mixed salad leaves
½ cup walnuts, roughly chopped
4 tbs olive oil

Instructions

Poach the chicken breasts in the coconut milk for 6-7 minutes, or until the chicken has cooked through. Remove from the pan and leave to cool slightly. When cooled, thinly shred the chicken breasts.

Place the chicken, garlic, grapefruit, artichokes, salad leaves, walnuts and olive oil in a bowl and combine well.

Serve.

BBQ Cumin Chicken with Snow Pea & Toasted Pine Nut Salad

.....

Serves 4



2 chicken breasts, diced
2 garlic cloves, finely grated
2 tbs ground cumin
1 tbs olive oil

<u>Salad</u>
400g snow peas, top and tailed, thinly sliced lengthways
½ cup pine nuts
2 garlic cloves, finely grated
2 tsp finely grated lemon rind
2 tsp almond oil

Instructions

Preheat a BBQ grill on high heat.

Place the diced chicken, garlic, cumin and olive oil in a small bowl and combine well. Place the diced chicken on the grill and cook for 8-10 minutes, cooking on each side until cooked through.

Place the pine nuts in a frying pan on low heat and cook stirring constantly until lightly toasted. Place the pine nuts into a bowl along with the snow peas, garlic, lemon rind and almond oil and combine well.

Serve the chicken with a side of salad.

Thai Chicken Skewers

.....

Serves 4



6 wooden skewers; soaked in cold water for 30 minutes.

2 chicken breasts, diced
2 tbs olive oil
3 garlic cloves, finely grated
1 tsp honey
2 tsp turmeric
2 tbs coriander, finely chopped
2 tsp paprika
1 tsp curry powder
2 tbs lime juice

Instructions

Place the diced chicken, olive oil, garlic, honey, turmeric, coriander, paprika, curry powder and lime juice in a bowl and combine well. Cover the bowl with cling film and refrigerate for 1-2 hours, stirring occasionally to coat the chicken in the marinade.

Preheat a BBQ grill on high heat.

Thread the diced chicken onto the skewers then place onto the BBQ grill for 5-6 minutes each side or until the chicken is cooked.

Serve.

Turkey Coleslaw Salad

Serves 4



500g turkey breasts

<u>Salad</u>
6 cups savoy cabbage, thinly sliced
1 red onion, finely sliced
2 carrots, coarsely grated
6 pickled cucumbers, thinly sliced
⅓ cup mayonnaise (pg 177)
¼ cup parsley, roughly chopped

Instructions

Poach the turkey breasts in water for 6-7 minutes, or until the turkey has cooked through. Remove from pan and leave to cool slightly. When cooled, shred the turkey breasts.

Place the shredded turkey breasts, cabbage, onion, carrots, cucumber and mayonnaise in a bowl and combine well.

Serve the salad with chopped parsley.

Baked Chicken Breasts with Garlic, Parsley & Walnut Sauce

.....

Serves 2



2 chicken breasts
1 garlic bulb
3 tbs olive oil

<u>Sauce</u>
½ cup walnuts, roughly chopped
¼ cup parsley, roughly chopped
4 tbs almond oil
Pinch of ground black pepper
¼ cup walnuts, roughly chopped (to serve)
2 parsley sprigs (to serve)

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven dish with aluminium foil. Place the chicken breasts and garlic bulbs in the dish and drizzle with olive oil. Cover the oven dish tightly with aluminium foil and place in the oven for 30-40 minutes, or until the chicken has cooked through.

Remove the cloves from the garlic bulb and place into the bowl of a food processor along with the walnuts, parsley, almond oil and pepper then blend into a smooth paste.

Serve the chicken breasts with a side of garlic, parsley and walnut sauce and garnish with chopped walnuts and a sprig of parsley.

Turkey & Apple Sauce Meatballs

Serves 4

500g turkey mince
¼ cup apple sauce *(pg 184)*
3 garlic cloves, finely grated
2 tbs sage, finely chopped
4 tbs parsley, finely chopped
1 egg
2 tbs olive oil

Instructions

Place the turkey mince, apple sauce, garlic, sage, parsley and egg into a bowl and combine well. Roll the mixture into 2.5cm balls.

Place 2 tbs of olive oil oil in a frying pan on medium-high heat. Add the meatballs in batches and fry for 8-10 minutes until the meatballs have browned and cooked through.

Serve.

Chicken Patties with Avocado, Red Onion & Basil

.....

Serves 4

Patties

500g chicken mince
1 red chilli, seeds removed, finely chopped
3 spring onions, finely chopped
⅔ cup coriander, finely chopped
1 tsp ginger, finely grated

Salad

2 avocados, sliced
1 red onion, finely sliced
1 bunch basil, torn
1 tbs macadamia oil
2 tbs balsamic vinegar

Instructions

Preheat a grill to medium heat.

Place the patty ingredients in a bowl and combine well. Divide into ten portions. Flatten each portion to form a patty shape and place on the BBQ grill, cook for 4-5 minutes each side or until cooked through.

Place the salad ingredients in a bowl and combine well.

Place the chicken patties on a plate and serve with a side of salad.

Cajun Chicken Patties

Serves 4



Patties
500g chicken mince
3 tbs Cajun seasoning
1 egg
3 tbs lemon juice
2 tsp ground paprika

Instructions

Preheat a grill to medium heat.

Place all the ingredients in a bowl and combine well. Divide into ten portions. Flatten each portion to form a patty shape and place on the BBQ grill, cook for 4-5 minutes each side or until cooked through.

Serve.

Simple Coconut and Chicken Curry

.....

Serves 4

8 chicken thigh fillets, thinly sliced
2 tbs olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
¼ cup lime juice
Finely grated rind of 1 lime
1 tsp round turmeric
1 tsp ground cumin
1 tbs ground coriander seeds
2 tbs ground paprika
1 tsp chilli flakes
¾ cup coconut milk
¼ cup coriander, roughly chopped

Instructions

Place the onion, garlic, lime juice, lime rind, turmeric, cumin, coriander, paprika and chilli flakes into the bowl of a food processor and blend to form a paste.

Place the olive oil and sliced chicken thighs in a heated pan with 2 tbs of olive oil and fry for 8-10 minutes or until the chicken is tender. Add the paste and stir constantly until aromatic. Add the coconut milk and stir constantly for 2 minutes, or until heated through.

Serve with fresh coriander leaves to garnish.

Turkey Strips in Mushroom & Tomato Sauce

.....

Serves 4

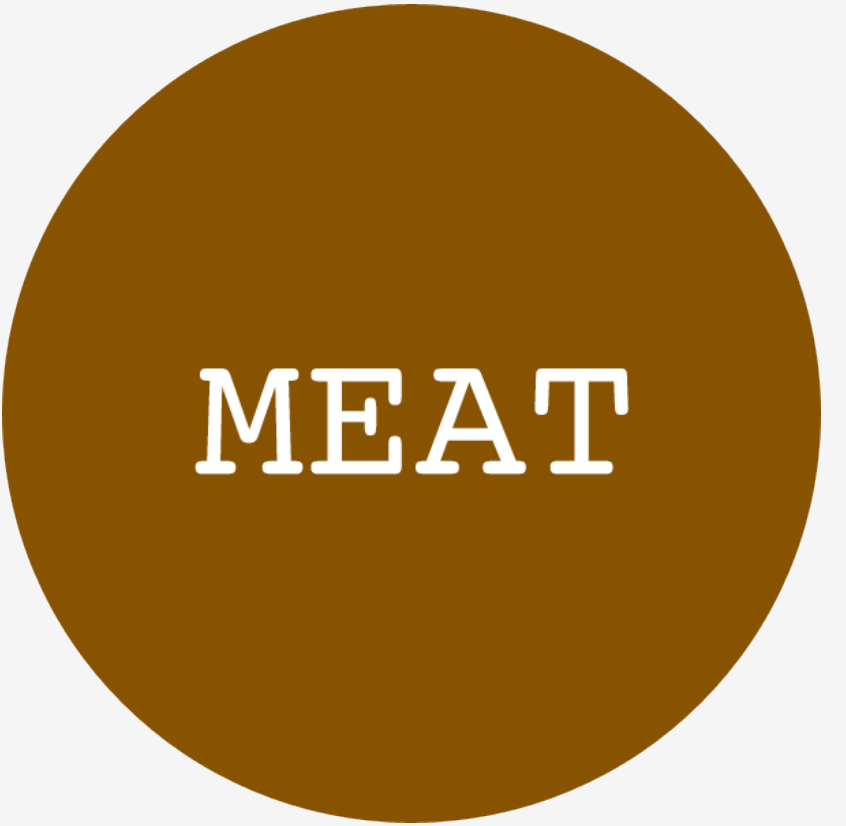
500g turkey breasts, cut into thin strips
1 tbs olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 celery stick, roughly chopped
1 red capsicum/bell pepper, roughly chopped
¼ tsp cayenne pepper
2 tsp paprika
1 tsp thyme, finely chopped
1 tsp sage, finely chopped
400g can diced tomatoes
150g button mushrooms, sliced

Instructions

In a large saucepan on medium heat, fry the onion, garlic, celery and capsicum in the olive oil for 8-10 minutes, or until the vegetables have softened.

Add the cayenne pepper, paprika, thyme, sage and tomatoes, stir for 2 minutes then add the turkey and mushrooms, bring to simmering point then cover and cook for 20-30 minutes, stirring occasionally until the turkey is tender.

Serve.


MEAT

Meatball & Vegetable Bake

.....

Serves 4



<u>Meatballs</u>
500g mince meat
1 onion, finely chopped
2 tsp sage, finely chopped
2 tsp thyme, finely chopped
1 egg
2 tbs olive oil

1 garlic bulb, cloves removed
3 red onions, cut into wedges
2 yellow capsicums/bell peppers, sliced
1 red capsicum/bell pepper, sliced
2 cups cherry tomatoes
1 bunch thyme sprigs
3 tbs olive oil

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the mince meat, onion, sage, thyme and egg into a bowl and combine well. Roll the mixture into 2.5cm balls.

Place 2 tbs of olive oil in a frying pan on medium-high heat. Add the meatballs in batches and fry until the meatballs are well browned.

Place the meatballs into an oven proof baking dish along with the garlic, red onion, capsicums, tomatoes, thyme sprigs and olive oil, combine well. Bake in the oven for 30-40 minutes or until the meatballs have cooked through and vegetables are tender.

Remove thyme sprigs to serve.

Mini Lamb Kebab Salad

.....

Serves 4



Kebabs

500g minced lamb
4 tbs dukka
4 tbs onion, finely chopped
4 garlic cloves, finely grated

Salad

4 cups iceberg lettuce, finely sliced
1 cup cherry tomatoes, cut into quarters
1 red onion, finely sliced
5 tbs olive oil
2 tbs lemon juice

Instructions

Preheat a BBQ grill to medium heat.

Place the minced lamb, dukka, onion and garlic in a bowl and combine well.

Roll the minced lamb mixture into 8 sausage shapes and place on the BBQ grill for 3-5 minutes each side or until cooked through.

Place the salad ingredients in a bowl and combine well.

To serve, place the salad on a plate and top with lamb kebabs.

Grilled Prosciutto & Capsicum with Baby Spinach

.....

Serves 1



½ large yellow capsicum/bell pepper, thinly sliced
½ large red capsicum/bell pepper, thinly sliced
3 slices prosciutto
1 tbs olive oil
½ tbs rosemary, roughly chopped
Small handful baby spinach leaves

Instructions

Preheat a grill to medium heat.

Place the capsicum slices and prosciutto on the grill. Brush the capsicum with olive oil and sprinkle with rosemary. Grill the prosciutto for 1 minute each side. Grill the capsicum until tender. Remove from heat.

Dividing plate into quarters, place the yellow capsicum in one quarter, red capsicum on another quarter, baby spinach on another quarter and the grilled prosciutto on the final quarter of the plate. Serve.

Grilled T-Bone Steak with Artichoke Purée

.....

Serves 4



4 T-bone steaks, 1.5cm thick
1 tbs olive oil
Pinch of ground black pepper

<u>Artichoke Purée</u>
1 jar of artichokes in oil
1 garlic bulb
2 tbs olive oil

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the garlic bulb top-side down on an oven tray and drizzle with 1 tbs of olive oil. Bake in the oven for 15-20 minutes or until the garlic cloves are very soft. Remove from the oven and cool slightly before squeezing the cloves from their skin.

To make the purée, place the artichokes, garlic cloves and remaining 1 tbs of olive oil into the bowl of a food processor and blend until smooth.

Preheat a grill to medium heat.

Rub the olive oil and pepper into both sides of the steak. Place the steak on the BBQ grill for 10-15 minutes each side or until desired tenderness.

Serve the steak with a side of artichoke purée.

Spinach & Pork Meatballs

Serves 4



500g pork mince
3 cups baby spinach
1 egg
1 tsp nutmeg, ground
¼ tsp chilli flakes
1 cup almond meal
2 tsp finely grated lemon rind

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Steam the spinach in a pan with a little water until wilted then squeeze the spinach to remove liquid and chop roughly.

Place the spinach into a mixing bowl with the pork mince, egg, nutmeg, chilli flakes, almond meal and lemon rind, combine well.

Roll the mixture into 2.5cm balls and place on an ovenproof tray lined with baking paper. Bake for 20-30 minutes or until cooked.

Serve with a side of vegetables or salad.

Spicy Marinated Pork with Peach Salsa

.....

Serves 4

4 tbs lime juice
2 tbs olive oil
2 garlic cloves, finely chopped
3 tsp ground cumin
1 tbs oregano, finely chopped
2 pork fillets (400g each), sliced into 1 cm-thick slices
2 tbs olive oil, for frying

Salsa
4 peaches, peeled and diced
1 cup cherry tomatoes, halved
1 small chilli, seeds removed, finely chopped
Small handful mint leaves, finely shredded
½ lime, juiced

Instructions

Place the lime juice, olive oil, garlic, cumin and oregano in a bowl and combine well. Add the pork and coat well in the marinade.

Cover the bowl with cling film and refrigerate for 1-2 hours, stirring occasionally to coat the pork in marinade.

Heat a frying pan on medium heat with 2 tbs of olive oil. Remove the pork from the marinade. Cook the pork in two batches for 3-4 minutes each side or until cooked.

Place all the salsa ingredients in a bowl and combine well.

To serve, place the salsa on a plate and top with the pork.

Meatballs in Rich Tomato Sauce

Serves 4



Sauce
1 onion, finely chopped
2 garlic cloves, finely chopped
2 tbs olive oil
2 tsp sage, finely chopped
2 tsp thyme, finely chopped
2 tsp marjoram, finely chopped
½ tsp chilli flakes
4 cups diced tomatoes

Meatballs
500g minced meat
½ tsp ground cumin
½ tsp ground coriander seeds
½ tsp cayenne pepper
1 egg
4 tbs olive oil

Instructions

Fry the onion and garlic with 2 tbs of olive oil in a pan on medium heat until browned. Add the sage, thyme, marjoram, chilli flakes and diced tomatoes, cover the pan and simmer for 15 minutes.

Place the minced meat, cumin, coriander, cayenne pepper and egg into a bowl and combine well. Roll the mixture into 2.5cm balls.

Place the 4 tbs of oil in a frying pan on medium-high heat. Add the meatballs in batches and fry until the meatballs are well browned. Place the meatballs into the pan with the tomato sauce, cover and simmer for a further 20 minutes.

Serve.

Rosemary Infused Lamb Patties

Serves 4

500g minced lamb
2 garlic cloves, finely grated
4 tbs rosemary, finely chopped
1 tbs olive oil
1 egg
Pinch of ground black pepper

Instructions

Place all the ingredients in a bowl and combine well. Divide the lamb mixture into eight portions. Flatten each portion into a patty shape, cover and refrigerate for 20 minutes.

Preheat a grill to medium heat.

Place the lamb patties on the BBQ grill and cook for 4-5 minutes each side.

Serve.

Roast Pork with Garlic & Thyme

Serves 4

1.5kg pork loin, skin removed, tied together with kitchen string
3 tbs olive oil
4 garlic bulbs
6 thyme sprigs
4 bay leaves

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line a baking tray with baking paper. Place the pork loin on the tray and rub olive oil evenly into the meat to coat. Place the garlic bulbs into the tray around the pork loin. Trap the thyme and bay leaves under the kitchen string then cover the oven dish tightly with aluminium foil and bake in the oven for 2-3 hours, or until the pork loin is tender and cooked through.

Leave the pork loin to rest for 10-15 minutes before serving. Serve with a side of vegetables or salad.

Mint Lamb Skewers with Tomato and Onion Salad

.....

Serves 4



500g diced lamb
3 garlic cloves, finely grated
3 tsp mint, finely chopped
4 tbs olive oil
¼ cup lemon juice

Salad
1 cup cherry tomatoes, quartered
3 spring onions, finely chopped
½ red onion, finely chopped
¼ cup mint, finely chopped
4 tbs olive oil
1 tbs white wine vinegar

Instructions

Place the lamb, garlic, mint, olive oil and lemon juice in a bowl and combine well. Cover the bowl with cling film and refrigerate for 4-6 hours, stirring occasionally to coat the lamb in the marinade.

Preheat a grill to medium heat.

Thread the diced lamb onto the skewers. Cook the skewers on the BBQ grill for 5-6 minutes each side or until the lamb is cooked.

Place all of the salad ingredients in a bowl and combine well.

Serve the kebabs with a side of salad.

Stuffed Japanese Eggplant Wrapped in Prosciutto

.....

Serves 4



16 medium Japanese eggplants
200g mince meat
1 small onion, finely chopped
1 tbs olive oil
½ tsp sage, finely chopped
½ tsp thyme, finely chopped
1½ cups diced tomatoes
16 slices prosciutto

Instructions

In a saucepan on medium heat fry the onion in olive oil until browned. Add the minced meat, stirring constantly to remove lumps.

When the minced meat has browned, add the sage and thyme, cook stirring for 2 minutes. Add the diced tomatoes, cover the pan and simmer for 15 minutes.

Meanwhile, using a small knife, gently hollow out the Japanese eggplants, removing the soft flesh. Finely chop the eggplant flesh and add to the mince meat, cover and simmer for a further 10 minutes.

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Using a small spoon, stuff the eggplants with the mince mixture until filled. Place each filled eggplant on one end of a slice of prosciutto and roll the prosciutto around the eggplant. Place on a baking tray lined with baking paper.

Place in the oven for 10-15 minutes or until the eggplant has become tender.

Cool before serving.

Oven Baked Pork with Apple, Onion & Almonds

.....

Serves 4



4 pork steaks
3 apples, cored, thinly sliced
2 onions, thinly sliced
1 tbs finely grated orange rind
3 tbs olive oil
⅔ cup whole almonds

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the sliced apples, onions, orange rind and 2 tbs olive oil in a bowl and combine well.

Rub the remaining olive oil into the pork. Place the pork on a baking tray lined with baking paper with the apples and onions. Place the tray in the oven and bake for 40 minutes, or until onions are tender.

Add the almonds to the oven tray and return to the oven for 6-8 minutes, or until the almonds are lightly toasted.

Place the pork steaks on a bed of apple and onion and serve with the toasted almonds.

Rosemary & Lamb Shepards Pie

Serves 4

Patties
500g lamb mince
1 onion, finely chopped
3 garlic cloves, finely chopped
1 tsp sage, finely chopped
1 tsp thyme, finely chopped
3 tbs rosemary, finely chopped
1 large carrot, finely diced
⅔ cup chicken stock (pg 186)
4 cups tomato sauce (pg 180)

Mash
4 cups cauliflower florets
1 medium leek, finely sliced
½ cup chicken stock (pg 186)

Instructions

In a saucepan on medium heat fry the onion and garlic in the olive oil until lightly browned. Add the lamb mince, stirring constantly to remove lumps.

When the lamb meat has browned add the sage, thyme, rosemary and carrot, cook stirring for 2 minutes. Add the stock and tomato sauce, cover the pan and simmer for 30 minutes.

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Meanwhile, boil the cauliflower and leek for 10-15 minutes or until the cauliflower is tender. Add the chicken stock and mash with a fork until a smooth consistency has been reached.

Divide the lamb mince into four individual baking dishes, top with the cauliflower mash. Place in the oven for 10-15 minutes or until the mash tuns golden brown.

Cool slightly before serving.

Spiced Steak with Steamed Greens

.....

Serves 4

4 beef steaks, 1.5cm thick
2 tbs olive oil
1 tsp coriander seeds
1 tsp dill seeds
1 tsp fennel seeds
1 tsp black peppercorns
2 bunches asparagus
1 bunch broccolini

Instructions

Place the coriander seeds, dill seeds, fennel seeds and black peppercorns into a mortar and pestle and grind the spices to a powder.

Rub the spice mixture into both sides of the steak.

Preheat a grill to medium heat. Place the steaks on the BBQ grill and cook for 10-15 minutes each side or until desired tenderness.

Meanwhile, in a saucepan on medium heat with a little water steam the asparagus and broccolini for 4-5 minutes or until tender. Remove from the heat and drain.

Serve the steak with steamed vegetables.

Lamb Cutlets with 3 Vegetables

.....

Serves 4



8 lamb cutlets
1 bunch baby carrots, tops removed
1 small fennel, sliced
3 rosemary sprigs
4 tbs olive oil
4 cups green beans, topped, tailed and cut in half
Pinch of ground black pepper

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Line a baking tray with baking paper. Place the baby carrots, fennel, rosemary and 2 tbs of olive oil in the baking tray and combine well. Place in the oven and bake for 20 minutes.

Meanwhile, place the lamb cutlets in a heated pan with the remaining 2 tbs of olive oil and fry until the cutlets are well browned. Place the cutlets on top of the vegetables and return to the oven for a further 10-15 minutes, or until the lamb cutlets are cooked.

Steam the beans in a pan with a little water until cooked, drain and set to the side.

Serve the lamb with a side of roast vegetables and steamed green beans.

Mince & Eggplant Filled Baked Capsicum

.....

Serves 4



4 small-medium yellow capsicums/ bell peppers
500g mince meat
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tbs olive oil
1 tsp marjoram, finely chopped
1 tsp sage, finely chopped
½ tsp rosemary, finely chopped
½ tsp thyme, finely chopped
2 cups diced tomatoes
1 eggplant, skin removed, finely chopped
⅓ cup black olives, pitted, finely chopped

Instructions

In a saucepan on medium heat fry the onion and garlic in olive oil until browned. Add the minced meat and stir constantly to remove lumps.

When the minced meat has browned, add the marjoram, sage, rosemary and thyme, cook stirring for 2 minutes. Add the diced tomatoes then cover the pan and simmer for 15 minutes. Add the diced eggplant, cover and cook for a further 15 minutes. Stir in the olives.

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Cut off the tops of the capsicums and remove the seeds. Fill the capsicums with the minced meat then place on a baking tray lined with baking paper. Place in the oven for 10-15 minutes or until the capsicums have become tender.

Serve.

Steak with Witlof & Apple Salad in Walnut Oil Dressing

.....

Serves 4

4 thin sirloin steaks or round steaks
3 garlic cloves, finely grated
¼ tsp paprika
Pinch of ground black pepper
2 tbs olive oil

Salad
1 small witlof lettuce, thinly sliced
2 cups baby rocket leaves
1 pink lady apple, cored, thinly sliced
3 tbs chives, finely chopped
3 tbs walnut oil
1 tbs lemon juice
⅓ cup walnuts, finely chopped

Instructions

Preheat a grill to medium heat.

Combine the garlic, paprika, pepper and olive oil in a small bowl.

Rub the garlic mixture into the steaks. Place on the grill and cook for 4-5 minutes each side until cooked.

To make the salad, place all the ingredients but the chopped walnuts into a bowl and combine well.

Serve the garlic steak with a side of salad topped with chopped walnuts.

Balsamic Pork Steak with Grilled Pear & Rocket Salad

.....

Serves 4



4 pork butterfly steaks
¼ cup balsamic vinegar
¼ cup olive oil
2 tbs honey

<u>Salad</u>
4 pears, cored and thinly sliced
4 cups rocket
2 tbs macadamia oil
2 tbs lemon juice

Instructions

Place the balsamic vinegar, olive oil and honey in a bowl and combine well. Add the pork steaks and coat in the balsamic marinade. Cover the bowl with cling film and refrigerate for 60 minutes.

Preheat a BBQ grill on high heat.

Cook the pork steaks on the BBQ grill for 10-12 minutes each side or until cooked. Place the pork steaks to the side and cover in aluminium foil to keep warm while making the salad.

To make the salad place the pear slices on the heated grill and cook for 3-4 minutes each side or until soft and lightly browned. Remove from the grill and place in a salad bowl with the rocket, macadamia oil and lemon juice, combine well.

Serve the pork steaks with a side of salad.

Pork Medallions with Radicchio & Fennel Salad

.....

Serves 4

4 pork medallions
2 tbs olive oil

<u>Salad</u>
1 radicchio, leaves separated
1 medium fennel, thinly sliced
2 oranges, peeled, cut into 16 thin wedges each
4 tbs lemon juice
6 tbs olive oil.

Instructions

Place the olive oil into a frying pan on low heat and cook the pork medallions for 4-5 minutes each side or until golden brown and cooked through.

Meanwhile, place the salad ingredients in a bowl and combine well.

Serve the pork medallions with a side of salad.

Capsicum Meat Patties

Serves 4



500g minced meat
2 garlic cloves, finely grated
1 small green capsicum/bell pepper, grated
½ tsp ground paprika
1 egg

Instructions

Preheat a grill to medium heat.

Place all the ingredients in a bowl and combine well.

Divide the meat mixture into ten portions. Flatten each portion to form a patty shape and place on the BBQ grill. Cook patties for 4-5 minutes each side.

Serve.

Beef & 4 Veg Casserole

Serves 4



1kg beef steak, diced
⅓ cup arrow root flour
3 tbs olive oil
2 onions, sliced into wedges
4 garlic cloves, roughly chopped
2 carrots, peeled, roughly chopped
4 cups pumpkin, roughly chopped
3 celery stalks, roughly chopped
4 tbs tomato paste
1½ cups diced tomatoes
1 cup beef stock *(pg 185)*
4 bay leaves
1 bunch thyme

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place 2 tbs of oil into a frying pan on medium heat. Coat the beef in arrow root then place into the frying pan. Cook in batches for 5-6 minutes until the beef is browned. Remove the beef from the frying pan and place into a medium sized baking dish.

Return the frying pan to heat and add the remaining 1 tbs of oil, onions, garlic, carrots, pumpkin and celery, stirring constantly until vegetables soften. Add the tomato paste and stir for a further 1 minute.

Add the vegetables, diced tomatoes, beef stock, bay leaves and thyme to the baking dish with the beef. Cover the oven dish tightly with aluminium foil and bake in the oven for 3-4 hours, or until the beef is tender.

Discard the bay leaves and thyme before serving.

Beef, Tomato & Yellow Squash Casserole

.....

Serves 4

1kg beef steak, diced
⅓ cup arrow root flour
3 tbs olive oil
2 onions, peeled, sliced into wedges
2 leeks, cut into thick slices
2 carrots, peeled, halved
2 cups beef stock *(pg 185)*
1 cup diced tomatoes
6 yellow squash, quartered

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place 2 tbs of oil into a frying pan on medium heat. Coat the beef in arrow root then place into the frying pan. Cook in batches for 5-6 minutes until the beef is browned. Remove the beef from the frying pan and place into a medium sized baking dish.

Return the frying pan to heat and add the remaining 1 tbs of oil and onion, fry for 2-3 minutes or until union softens.

Add the onion to the baking dish with the leeks, carrots, beef stock and diced tomatoes. Cover the oven dish tightly with aluminium foil and bake in the oven for 2 hours. Add the yellow squash to the baking dish and return to the oven for a further 1-2 hours, or until the beef is tender.

Serve.

Satay Pork Skewers

Serves 6



6 wooden skewers soaked in cold water for 30 minutes.

500g pork, diced
2 spring onions, finely chopped
1 tsp ginger, finely grated
5 tbs coriander seeds
½ tsp turmeric
Pinch of chilli flakes
1 tbs lime juice
2 tsp honey
Spicy almond satay sauce *(pg 181)*

Instructions

Pre-heat a grill to medium-high heat.

Place the spring onions, ginger, coriander seeds, turmeric and chilli flakes into a mortar and pestle and grind spices to a powder. Add the lime juice and honey and combine well.

Place the diced pork in a bowl and coat well in the spice mixture.

Thread the pork onto skewers and place on the grill, cook for 5-6 minutes each side, or until cooked through.

Serve the pork with a side of spicy almond satay sauce for dipping.

Curried Minced Lamb with Green Peas

.....

Serves 4



500g minced lamb
3 tbs olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
3 bay leaves
1 cup diced tomatoes
¼ tsp ground turmeric
1½ tbs ground cumin
1½ tbs ground coriander
½ tsp ground ginger
1½ cup fresh or frozen green peas
½ tsp garam masala
½ cup coriander, roughly chopped

Instructions

Place the oil into a frying pan on medium heat. Add the onion, garlic and bay leaves and fry for 2-3 minutes or until the onion becomes golden brown. Add the lamb and fry for 10-15 minutes, stirring so there are no lumps in the meat. Reduce to simmer.

Add the diced tomatoes, turmeric, cumin, ground coriander, ginger and water and stir constantly for 5 minutes until the liquid is absorbed.

Add the peas and cover. Leave to simmer for a further 20 minutes until the peas have cooked. Add more water if necessary to prevent the mince sticking to the bottom of the pan.

Remove the pan from heat and add the garam masala and chopped coriander, stir for 1 minute before serving.

Beef Rendang

Serves 4



500g beef, diced
2 tbs olive oil
1 onion, finely chopped
4 garlic cloves, finely chopped
1 green chilli, finely chopped
½ tsp ground cinnamon
1 tsp ginger, finely chopped
1½ cup coconut milk
½ cup water

Instructions

Place the onion, garlic, chilli, cinnamon and ginger into the bowl of a food processor and blend to form a smooth paste.

Place the olive oil into a pan on medium heat. Add the diced beef and fry until the beef has browned. Remove from the pan.

Add the ground spices into the pan and stir constantly until aromatic.

Return the beef back into the pan and coat in the spices. Stir in the coconut milk and water, cover and leave to simmer for 90 minutes stirring occasionally until the beef is tender. Add more water if necessary if the liquid dries out.

Serve.

Bolognese with Healthy Greens

Serves 4



500g minced meat
1 tbs oil
1 onion, diced
2 garlic cloves, finely chopped
2 tsp thyme, finely chopped
2 tsp sage, finely chopped
4 cups diced tomatoes
6 cups baby spinach
1 bunch parsley, finely chopped

Instructions

Fry the onion and garlic with olive oil in a pan on medium heat until browned. Add the minced meat, stirring constantly to remove lumps.

Fry the minced meat until browned. Add the thyme and sage and continue cooking for 2 minutes. Add the diced tomatoes, cover pan and simmer for 30-40 minutes.

Serve with baby spinach and parsley.

Quick & Easy Baked Veal with Baby Carrot

.....

Serves 4

4 x veal fillets
4 tbs olive oil
6 shallots, cut into 4 wedges
4 garlic cloves, crushed
4 bay leaves
6 cloves
3 bunches baby carrots, tops removed
3 cups diced tomatoes
1 cup chicken stock *(pg 186)*

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the veal fillets in a heated pan with 2 tbs of olive oil and fry until the fillets are well browned. Remove from the pan and place into a baking dish.

Return the pan back to the heat and add the remaining 2 tbs of olive oil. Add the shallots, garlic, bay leaves and cloves, fry for 3 minutes or until the shallots are slightly browned.

Place the shallots, garlic, bay leaves and cloves into the baking dish along with the baby carrots, tomatoes and chicken stock. Cover the baking dish tightly with a sheet of aluminium foil and place into the oven for 15-20 minutes or until the carrots are tender and veal fillets are cooked.

Serve.

Spinach, Ginger & Fennel Salad with Peppered Lamb

.....

Serves 2

2 lamb eye of loin, thinly sliced
1 tsp ground black pepper
4 tbs olive oil
¼ cup almond slivers
1 small fennel, thinly sliced
150g baby spinach
1 tbs ginger, finely grated
4 shallots, thinly sliced diagonally
½ cup mint leaves
2 tsp finely grated lime rind
2 tbs lime juice

Instructions

Rub the pepper into both sides of the lamb.

Heat a frying pan on medium heat with 2 tbs of olive oil. Cook the lamb for 2-3 minutes each side or until cooked to your liking.

Place the almond slivers in a frying pan on low heat and cook stirring constantly until lightly toasted. Place the almond slivers into a bowl along with the fennel, spinach, ginger, shallots, mint, lime rind, lime juice and remaining 2 tbs of olive oil and combine well.

To serve, place the salad on a plate and top with lamb slices.

Veal Steaks with Broccolini & Mushroom Sauce

.....

Serves 4



4 veal steaks
3 tbs olive oil
2 garlic cloves, finely chopped
12 button mushrooms, halved
2 bunches broccolini, chopped
1½ cups chicken stock (pg 186)
1 tsp arrow root flour
4 tbs water

Instructions

Place the veal steaks in a heated pan with 2 tbs of olive oil and fry for 2-3 minutes each side or until cooked. Remove from the pan and cover in aluminium foil to keep warm while making the sauce.

Return the pan to heat and add remaining 1 tbs of olive oil. Cook the garlic, mushrooms, broccolini and chicken stock for 5-6 minutes or until the mushrooms become tender.

Place the arrow root and water in a small bowl and combine well. Add to the pan and stir constantly for 1-2 minutes or until the sauce thickens.

Place the veal on a plate and serve with broccolini and mushroom sauce.

Veal Steaks with Tomato & Asparagus

.....

Serves 4



4 veal steaks
3 tbs olive oil
4 onions, thinly sliced
3 cloves garlic, finely chopped
2 bunches asparagus, chopped
3 cups cherry tomatoes
¼ tsp ground black pepper
1½ cups chicken stock (pg 186)
2 tsp arrow root flour
4 tbs water

Instructions

Place the veal steaks in a heated pan with 2 tbs of olive oil and fry for 2-3 minutes each side or until cooked. Remove from the pan and cover in aluminium foil to keep warm while preparing the vegetables.

Return the pan to heat and add remaining 1 tbs of olive oil. Fry the onion and garlic for 4-5 minutes or until the onion becomes tender. Add the asparagus, tomatoes, pepper and chicken stock, cover and simmer for 3 minutes.

Place the arrow root and water in a small bowl and combine well. Add to the pan and stir constantly for 1-2 minutes or until the sauce thickens.

Serve the veal steaks with a side of vegetables.

Hazelnut & Herb Crusted Steak with Green Pea Purée

.....

Serves 4

4 thin sirloin steaks or round steaks
⅔ cup hazelnut meal
½ tsp parsley, finely chopped
½ tsp oregano, finely chopped
½ tsp basil, finely chopped
2 tbs olive oil

Purée
4 cups frozen or fresh peas
1 bunch coriander, roughly chopped
¼ cup coconut cream
¼ tsp ground nutmeg
Pinch of ground chilli
Pinch of ground black pepper

Instructions

In a small bowl combine the hazelnut meal, parsley, oregano and basil. Press the steak fillets in the hazelnut meal to coat.

Place the olive oil in a frying pan on medium heat and sear the steak fillets for 2-3 minutes each side. Reduce the heat and cook for a further 3-4 minutes or until desired tenderness.

In a saucepan on medium heat, steam the peas for 3-4 minutes or until just tender, then place into the bowl of a food processor along with coriander, coconut cream, nutmeg, chilli and pepper and blend into and purée.

Serve the steak fillets with a side of purée.

Broccolini, Peach & Prosciutto Salad

.....

Serves 4



2 bunches broccolini, ends removed
100g rocket leaves
4 peaches, quartered
8 slices prosciutto, shredded
4 tbs chilli mayonnaise *(pg 179)*

Instructions

In a saucepan on medium heat, steam the broccolini for 4-5 minutes or until just tender.

Place the broccolini into a bowl along with the rocket, peaches and prosciutto and combine well.

Serve with a drizzle of chilli mayonnaise.

Garlic & Lime Steak with Witlof and Rocket Salad

.....

Serves 2



400g steak, sliced into 2cm thick strips
¼ cup olive oil
¼ cup apple cider vinegar
Finely grated rind of 1 lime
2 garlic cloves, finely grated
Pinch of ground black pepper

Salad
2 cups witlof, thinly sliced
1 cup rocket
2 tbs olive oil
Pinch of ground black pepper

Instructions

Place the steak strips, olive oil, apple cider vinegar, lime rind, garlic and pepper in a bowl and combine well.

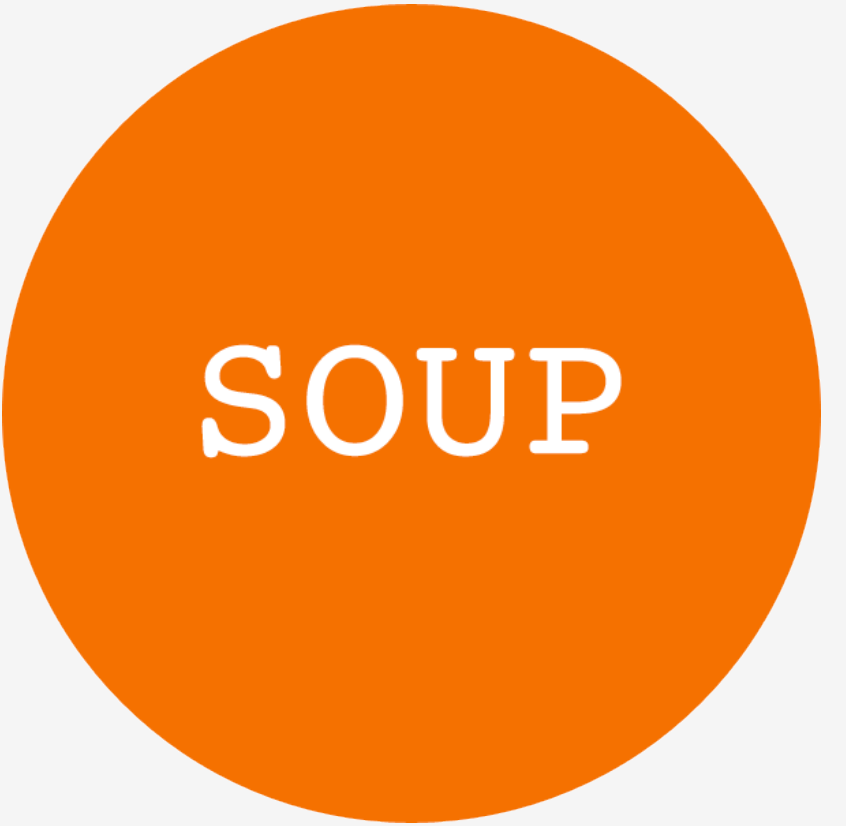
Cover the bowl with cling film and refrigerate for 30 minutes, stirring occasionally to coat the steak strips in the marinade.

Preheat a grill to medium heat.

Cook the marinated steak strips on the BBQ grill for 3-4 minutes each side or until cooked.

Place all the salad ingredients in a bowl and combine well.

Serve the steak with a side of salad.


SOUP

Mince & Fennel Soup

.....

Serves 4



400g mince meat
2 tbs olive oil
2 medium fennel, roughly chopped
4 bay leaves
6 cups chicken stock (pg 186)
¼ tsp ground black pepper
Ground sea salt (optional)

Instructions

Fry the minced meat in the olive oil in a pan on medium heat until browned, stirring constantly while keeping the meat slightly chunky.

When the minced meat has browned add the fennel and bay leaves, cook stirring for 1 minute.

Add the chicken stock, cover the pan and simmer for 20-25 minutes or until the fennel is tender. Season with salt if desired.

Serve.

Broccolini, Asparagus & Leek Soup

.....

Serves 4



1 onion, finely chopped
3 garlic cloves, finely chopped
4 tbs olive oil
4 small leeks, (white part only) finely sliced
3 bunches broccolini, roughly chopped
2 bunches asparagus, roughly chopped
6 cups chicken or vegetable stock *(pg 186)*
100g baby spinach

Instructions

Heat a large saucepan on medium heat and fry the onion and garlic in olive oil for 3 minutes, or until the onion has softened. Add the leek and cook for a further 5 minutes, or until the leek is tender.

Add the broccolini, asparagus and stock to the pan, cover and simmer for 10-15 minutes or until the broccolini and asparagus have softened. Add the spinach and simmer for a further 2 minutes. Cool soup slightly.

Use a hand blender or food processor to purée the soup.

Reheat before serving.

Chicken, Tomato & Herb Soup

Serves 4

8 chicken drumsticks
6 cups water
1 onion, finely chopped
4 garlic cloves, cut in half
1 celery stalks, diced
1 carrot, peeled and diced
2 bay leaves
1 tsp black peppercorns
1 bunch parsley, roughly chopped
½ bunch basil, roughly chopped
3 tbs oregano, finely chopped
½ lemon, juiced
3 large tomatoes, diced

Instructions

Place the chicken drumsticks and water in a pan, cover and simmer for 40 minutes, stirring occasionally.

Add the onion, garlic, celery, carrot, bay leaves and peppercorns to the pan, cover and simmer for another 30 minutes. Remove the chicken drumsticks from the pan and set aside to cool.

Add the parsley, basil, oregano, lemon juice and diced tomato to the pan, cover and simmer for a further 5 minutes.

When cool enough to handle, remove the meat from the drumsticks, shred roughly and stir into the soup.

Serve.

Capsicum Soup

Serves 4

2 green capsicum/bell pepper roughly chopped
2 yellow capsicum/bell pepper roughly chopped
1 onion, chopped
2 garlic cloves, finely chopped
2 large carrots, finely chopped
2 tbs olive oil
2 large tomatoes, roughly chopped
6 cups chicken stock or vegetable stock *(pg 186)*
1 fresh red chilli, seeded and finely chopped
3 bay leaves
¼ cup parsley, roughly chopped

Instructions

Heat a large saucepan on medium heat and fry the green capsicum, yellow capsicum, onion, garlic and carrots in olive oil until the capsicums have softened.

Add the tomatoes, stock, chilli and bay leaves and bring to simmering point. Cover and cook for 20 minutes, or until the vegetables are tender, stir occasionally.

Serve with a garnish of parsley.

Fennel and Carrot Soup

.....

Serves 4



1 large fennel, thinly sliced
1 tbs olive oil
2 garlic cloves, finely chopped
3 medium carrots, diced
1 tbs thyme, finely chopped
4 cups vegetable or chicken stock *(pg 186)*

Instructions

In a medium sized saucepan on medium heat add the oil, fennel and garlic, cook stirring for 5 minutes. Add the carrots and thyme and stir for a further 2 minutes.

Add the stock, cover saucepan and simmer for 10 minutes or until the fennel is tender. Cool soup slightly.

Purée the soup in an electric blender or using an electric beater.

Serve.

Country-Style Pumpkin Soup with Prosciutto

.....

Serves 4-6



1 onion, roughly chopped
3 garlic cloves, roughly chopped
3 tbs olive oil
1 kg pumpkin, diced
1 medium carrot, roughly chopped
3 thyme sprigs
2 bay leaves
8 cups vegetable or chicken stock *(pg 186)*
6 slices prosciutto, diced
¼ cup parsley, roughly chopped

Instructions

In a saucepan on medium heat fry the onion and garlic in 2 tbs of olive oil until lightly browned. Add pumpkin, carrot, thyme, bay leaves and stock to the pan. Cover and cook on a low heat for 10-15 minutes or until the pumpkin is tender.

Meanwhile, place a frying pan on high heat and add the remaining 1 tbs of oil. Fry the diced prosciutto for 1-2 minutes each side or until lightly golden. Place to the side.

Remove the bay leaves and thyme sprigs from the soup then purée the soup in an electric blender or use an electric beater.

Top the soup with diced prosciutto and parsley to serve.

Tomato & Cumin Soup

Serves 4



3 cups diced tomatoes
1 onion, finely chopped
1 tbs olive oil
2 tsp ground cumin
1 tsp garam masala
4 bay leaves
1 cinnamon stick
2 cups chicken or vegetable stock *(pg 186)*
¼ tsp ground black pepper
¼ cup coriander, roughly chopped

Instructions

In a large saucepan on medium heat, fry the onion in olive oil for 3-4 minutes or until the onion has softened. Add the cumin, garam masala, bay leaves and cinnamon, stir for 1 minute.

Add the tomatoes, chicken stock and pepper, bring to simmering point then cover and cook for 20 minutes.

Place the soup into the bowl of a food processor, or use an electric blender and purée.

Serve with a garnish of coriander.

Gazpacho with Crispy Prosciutto

.....

Serves 4



1 red capsicum/bell pepper
½ small red onion, chopped
1 garlic clove, finely chopped
3 cups fresh tomato juice
8 plum tomatoes, chopped
1 Lebanese cucumber, chopped
4 prosciutto slices
¼ cup coriander, roughly chopped

Instructions

Preheat a grill to medium-high heat.

Cook the red capsicum on the BBQ grill until char-grilled and tender. Remove from the grill and leave to cool, then roughly chop.

Place the onion, garlic, tomato juice, tomatoes, cucumber and capsicum into the bowl of a food processor and blend to a purée.

Place the soup in a large bowl or jug, cover with cling film and refrigerate overnight or until chilled.

Before serving, preheat a grill to medium-high heat. Grill the prosciutto slices for 1-2 minute each side or until crisp.

Serve the gazpacho with a garnish of coriander and a slice of prosciutto.

Artichoke Soup

Serves 4



1 onion, finely chopped
2 garlic cloves, finely chopped
1 tbs olive oil
8 Jerusalem artichokes, peeled, diced
4 tbs lemon juice
6 cups chicken stock *(pg 186)*
2 bay leaves
½ tsp chilli flakes
1 tbs arrow root flour
400g can artichoke hearts, diced

Instructions

In a large saucepan on medium heat, fry the onion and garlic in olive oil for 3 minutes or until the onion has softened.

Place the Jerusalem artichokes in boiling water with lemon juice for 4 minutes. Drain the water and return the pan to the stove. Add the onions, garlic, chicken stock, bay leaves and chilli, cover the pan and simmer for 10-15 minutes or until the Jerusalem artichokes are tender.

Use a hand blender or food processor to purée the soup. Return the soup to the pan and stir in the canned artichoke hearts to heat through.

Serve.

Shredded Beef & Vegetable Soup

Serves 4-6

500g beef skirt steak, kitchen string tied every 3cm
8 cups water
1 onion, roughly chopped
2 garlic cloves
1 large carrot, roughly chopped
1 celery stalk, roughly chopped
2 bay leaves
1 red capsicum/bell pepper, roughly chopped
1 green capsicum/bell pepper, roughly chopped
4 cups diced tomatoes
¼ cup oregano leaves, roughly chopped
¼ tsp ground black pepper

Instructions

Place the beef, water, onion, garlic, carrot, celery and bay leaves in a large pan, bring to simmering point and cook for 60-90 minutes until the steak is very tender. Remove the steak from the pan and cool slightly then use a fork to shred the meat into strips.

Meanwhile, add the capsicums, tomatoes, oregano and pepper to the beef stock. Cover and simmer for 10 minutes. Place the shredded beef into the pan and cook for a further 1 minute or until the beef has heated through.

Discard the bay leaves before serving.

Carrot, Leek & Apple Soup

Serves 4



1 medium leek, roughly chopped
4 garlic cloves, finely chopped
2 tbs olive oil
4 medium carrots, roughly chopped
3 cups pumpkin, diced
1 apple, cored, roughly chopped
5 cups chicken or vegetable stock *(pg 186)*
2 tbs paprika
¼ cup parsley, finely chopped

Instructions

In a large saucepan on medium heat, fry the leek and garlic in olive oil for 3-4 minutes, or until the leek has softened.

Add the carrots, pumpkin, apple and stock to the pan, cover and simmer for 10-15 minutes or until the carrot and pumpkin are tender.

Place the soup into the bowl of a food processor, or use an electric blender and purée.

Serve with a garnish of paprika and parsley.

Curry Zucchini Soup

Serves 4



4 large zucchini, roughly chopped
1 onion, roughly chopped
3 garlic cloves, finely chopped
1 tbs olive oil
2 tbs curry powder
6 cups chicken or vegetable stock *(pg 186)*

Instructions

In a large saucepan on medium heat, fry the onion and garlic in olive oil for 3 minutes or until the onion has softened.

Add the curry powder and zucchini and stir for 1 minute then add the stock, cover and simmer for 15-20 minutes or until the zucchini is tender.

Use a hand blender or food processor to purée the soup before serving.


SEAFOOD

Flaked Salmon with Char-Grilled Greens

.....

Serves 4



2 x 150g salmon fillets, skin removed
2 tbs olive oil
2 bunches asparagus, ends removed, sliced in half lengthwise
2 medium zucchini, peeled into ribbons
1 small red onion, thinly sliced
½ cup parsley, roughly chopped
2 tbs chives, finely chopped
1 tbs almond oil
2 tsp lemon juice

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line an oven tray with baking paper. Place the salmon fillets on the tray and drizzle with 2 tbs of olive oil. Bake for 15-20 minutes or until the salmon is cooked through. Flake the salmon into pieces and place to the side.

Preheat a BBQ grill on high heat.

Cook the asparagus and zucchini on the BBQ grill until they become char-gilled and tender, then place into a bowl along with the red onion, parsley, chives, almond oil and lemon juice and combine well.

To serve, place the salad on a plate and top with flaked salmon.

Grilled Tuna with Red Cabbage & Fennel Seed Salad

Serves 4

4 x 150g tuna steaks
2 tbs olive oil

Salad
1 small red cabbage, finely shredded
Ground sea salt
½ tsp fennel seeds
1 green apple, roughly grated
1 tbs olive oil
3 tbs white wine vinegar

Instructions

Place the red cabbage in a bowl and mix through a generous amount of salt. Cover the bowl and leave to stand for 2 hours or until the cabbage has softened slightly. If you would like to avoid using salt you can skip this step, however the cabbage will be crunchy instead of soft.

Place the fennel seeds in a frying pan on medium heat and stir for 30 seconds.

Add the fennel seeds, apple, olive oil and vinegar into the bowl along with the red cabbage and combine well.

Place the olive oil in a frying pan on medium-high heat and add the tuna steaks, cook for 3-4 minutes each side or until cooked.

Place the tuna steaks on a plate and serve with a side of salad.

Steamed Fish with Baby Spinach & Poached Egg

.....

Serves 2



2 x 200g white fish fillets
200g baby spinach
2 eggs
2 tbs lemon juice

Instructions

Line a bamboo steamer with baking paper. Place the fish fillets on the baking paper then place the steamer on-top of a pan of simmering water. Steam the fish fillets for 4-5 minutes or until cooked.

Break an egg into a cup. Lightly grease one side of a piece of cling film with olive oil. Place greased side of cling film over the cup and gently turn the cup over so the egg slips onto the cling film. Wrap the egg in the cling film until it resembles a little bag then twist the cling film to close the egg in tightly. Repeat with the remaining egg then place the wrapped eggs in boiling water for 3-4 minutes to poach.

Steam the spinach in the bamboo steamer for 1-2 minutes until wilted then gently squeeze out the liquid.

Place the spinach on a plate along with the fish fillet and poached egg. Drizzle lemon juice over the fish fillet just before serving.

Oven Baked Fish with Capsicum & Tomatoes

.....

Serves 4



4 serves fish fillets
16 black olives, pitted, halved
Bunch curly parsley, roughly chopped
1 lemon, cut into 8 wedges
½ yellow capsicum/bell pepper, thinly sliced
20 cherry tomatoes
6 tbs olive oil
Pinch of ground black pepper

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Wrap each fish fillet in a sheet of aluminium foil with an even share of olives, parsley, lemon wedges, capsicum slices, tomatoes, olive oil and pepper. Fold the edges of the aluminium foil to form a tight package.

Bake the fish in the oven for 15-20 minutes or until cooked through. Remove from the oven and cool for two minutes before serving.

Smoked Salmon and Asparagus with Dill Mayonnaise

.....

Serves 1



50g smoked salmon, sliced
5 asparagus spears, ends removed

Dill Mayonnaise
1 tbs mayonnaise (pg 177)
1 tsp lemon juice
1 tsp dill, finely chopped

Instructions

Pre-heat a grill to medium-high heat.

Place the asparagus on the pre-heated grill and cook for 4-5 minutes turning occasionally.

In a small bowl, combine the mayonnaise, dill and lemon juice.

To serve, place the salmon slices on a plate, top with the grilled asparagus and drizzle with dill mayonnaise.

BBQ Mackerel Stuffed with Onion & Pine Nuts

.....

Serves 4



4 whole mackerel, gutted and cleaned
½ cup pine nuts
4 tbs olive oil
3 red onions, finely chopped
2 garlic cloves, finely chopped
2 celery stalks, finely chopped
4 rosemary sprigs, finely chopped
1 cup diced tomatoes
4 tbs red wine vinegar
½ cup sultanas

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the pine nuts in a frying pan on low heat and cook stirring constantly until lightly toasted. Add the olive oil, onions, garlic, celery and rosemary and cook for 10 minutes or until the celery has softened.

Add the tomatoes, vinegar and sultanas to the pan, cover and simmer for 10 minutes. Remove from the heat and leave to cool then stir in the pine nuts.

Place the mackerel on a baking tray lined with baking paper and rub the olive oil evenly into the skin. Place the onion and pine nut stuffing into the cavities of the mackerel, then bake in the oven for 15-20 minutes or until cooked.

Serve the mackerel with a side of salad.

Mixed Cabbage Coleslaw with Grilled Snapper

.....

Serves 4



4 x 200g snapper fillets

<u>Coleslaw</u>
3 cups red cabbage, finely sliced
3 cups green cabbage, finely sliced
4 spring onions, finely chopped
½ cup parsley, finely chopped
½ cup lemon mayonnaise (pg 178)

Instructions

Pre-heat a grill to medium-high heat.

Place the snapper fillets on the grill and cook for 4-5 minutes each side, or until the fillets have cooked through.

Meanwhile, place the coleslaw ingredients in a bowl and combine well.

Serve the snapper fillets with a side of coleslaw.

Coconut & Almond Crusted Fish with Crunchy Snow Pea Salad

.....

Serves 4



400g white fish fillets
⅓ cup shredded coconut
¾ cup almond meal

<u>Salad</u>
250g snow peas, top and tailed, halved
2 small cucumbers, thinly sliced
2 tbs walnut oil

Instructions

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit.

Place the shredded coconut and almond meal on a large plate and combine well. Press each flathead fillet into the coconut and almond mixture to coat.

Place the fish fillets onto a baking tray lined with baking paper and bake in the oven for 10-15 minutes, or until the fish has cooked through.

Place all of the salad ingredients in a bowl and combine well.

Serve the fish with a side of salad.

Grilled Fish in Coconut Curry Sauce

.....

Serves 4

4 x 200g white fish fillets
2 tbs olive oil
3 red chillies, chopped
2 garlic cloves, finely chopped
8 shallots, finely chopped
5cm piece ginger, finely chopped
¼ tsp turmeric
1 tsp ground coriander
1 tsp curry powder
1⅔ cups coconut milk
1⅔ cups coconut cream

Instructions

Place 1 tbs of olive oil, chillies, garlic, shallots, ginger, turmeric, coriander and curry powder into the bowl of a food processor and blend to form a paste.

Heat a saucepan on medium heat, add the remaining 1 tbs of olive oil and cook the paste for 1-2 minutes or until aromatic. Add the coconut milk and coconut cream and bring to simmering point, cook for 10-15 minutes stirring occasionally until the mixture slightly thickens.

Preheat a BBQ grill on high heat.

Place the fish fillets on the grill and cook for 3-4 minutes each side or until the fish is cooked.

Serve the fish in a bowl and top with an even portion of coconut sauce.

Carrot & Coconut Curry Prawns

Serves 4

1kg green prawns
2 tbs olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
1 tsp ground cumin
½ tsp turmeric
½ tsp ground fenugreek
2 tsp ginger, finely grated
2 tsp curry powder
8 cardamon pods
3 medium carrots, cut into matchsticks
2 cups coconut milk

Instructions

Place 1 tbs of olive oil, onion, garlic, cumin, turmeric, fenugreek, ginger and curry powder into the bowl of a food processor and blend to form a paste.

Heat a saucepan on medium heat, add the remaining 1 tbs of olive oil, cardamon pods and the paste and cook for 1-2 minutes or until aromatic. Add the carrots and coconut milk and bring to simmering point.

Add the prawns to the pan, cover and cook for 3-4 minutes until the prawns are cooked.

Serve.

Pan-Fried Calamari & Rocket Salad

.....

Serves 4



1kg squid, cleaned, cut into pieces
4 tbs olive oil
2 garlic cloves, finely grated
5 tbs parsley, finely chopped

<u>Salad</u>
200g rocket
2 cups cherry tomatoes, halved
¼ cup pine nuts
2 tbs balsamic vinegar
4 tbs olive oil

Instructions

Score the calamari pieces with a criss-cross pattern on one side.

Place the calamari, 3 tbs of olive oil, garlic and parsley in a bowl and combine well.

Add the remaining 1 tbs of olive oil to a frying pan and place on high heat. Add the calamari and fry for 2-3 minutes.

Meanwhile, place the salad ingredients in a bowl and combine well.

Place the salad on a plate and top with calamari pieces to serve.

Seared Tuna Steak with Cucumber & Mint Salad

.....

Serves 2

2 tuna steaks

<u>Salad</u>
5 baby cucumbers, thinly sliced
3 tbs finely shredded mint
2 tbs olive oil
1 tbs apple cider vinegar

Instructions

Pre-heat a grill to medium-high heat.

Place the tuna on the grill for 5-6 minutes, turning over once until cooked.

Place the salad ingredients into a bowl and combine well.

To serve, place the cucumber and mint salad on a plate and top with a tuna steak.

Fennel & Coriander Grilled White Fish

.....

Serves 2



2 white fish fillets
2 tbs olive oil
½ tbs black pepper
1 tbs fennel seeds, ground
1 tbs coriander seeds, ground

<u>Salad</u>
2 tbs walnut oil
1 cup coriander, roughly chopped
80g snow pea sprouts, leaf section only

Instructions

Preheat a BBQ grill to medium heat.

Place the olive oil, black pepper, fennel seeds and coriander seeds in a small bowl and combine well.

Rub the fennel and coriander seasoning into the fish fillets. Place the fish on the grill for 5-7 minutes or until cooked.

Place the salad ingredients into a bowl and combine well.

Serve the fish with a side of salad.

Swordfish Kebabs with Spicy Pumpkin Purée

Serves 4

2 swordfish steaks
2 tbs olive oil

Pumpkin Purée
500g pumpkin, diced
½ tsp turmeric
1 tsp ground cinnamon
1 tsp garam masala (pg 185)
¼ cup water
Pinch of paprika

Instructions

Preheat a grill to medium heat.

Steam the pumpkin in a pan with some water until tender. Drain the water then place the pumpkin into the bowl of a food processor along with the turmeric, cinnamon and garam masala. Blend to a purée.

Dice the swordfish steaks into medium sized pieces then thread 4-5 pieces onto each skewer. Coat the grill with some olive oil and cook the skewers for 2-3 minutes each side or until the swordfish is cooked.

Place the swordfish skewers on a plate with a side of pumpkin purée. Sprinkle with paprika to serve.

Ocean Trout with Macadamia & Herb Side Salad

.....

Serves 2



2 x 200g ocean trout fillets
2 tbs olive oil

Salad
1 cup cherry tomatoes, finely chopped
⅔ cup parsley, finely chopped
⅔ cup dill, finely chopped
½ cup macadamia nuts, finely chopped
2 tbs macadamia oil
2 tsp lemon juice
2 tsp finely grated lemon rind

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Rub the olive oil into the fillets then place on a baking tray lined with baking paper. Place in the oven for 10-12 minutes or until the fillets are cooked through.

Place all the salad ingredients in a bowl and combine well.

Serve the ocean trout fillets with a side of salad.

Cajun Fish with Walnuts, Sultanas & Spinach Salad

.....

Serves 2



2 fish fillets
2 tbs Cajun seasoning
1 tbs olive oil

Salad
⅔ cup walnuts, roughly chopped
200g baby spinach
⅓ cup sultanas or raisins
¼ cup black olives, pitted, halved
1 tbs avocado oil

Instructions

Pre-heat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Line a baking tray with baking paper. Combine Cajun seasoning and olive oil in a small bowl. Place the fish on the baking tray and rub on the Cajun and olive oil mixture.

Bake the fish in the oven for 15-20 minutes until the fish is cooked.

Line another oven tray with baking paper. Place the walnuts on the tray then place in the oven for 8-10 minutes, or until they have lightly toasted. Cool slightly.

Place the walnuts, baby spinach, sultanas, black olives and avocado oil in a bowl, combine well.

Serve the Cajun fish with a side of salad.

Fennel & Pepper Kingfish with Fennel & Rocket Salad

.....

Serves 4



4 x 180g kingfish fillets
½ cup fennel seeds
2 tbs black peppercorns
2 tbs olive oil

Salad
50g rocket
1 medium fennel, thinly sliced
½ cup parsley, roughly chopped
1 red chilli, finely chopped
4 tbs olive oil
2 tbs lemon juice

Instructions

Pre-heat a grill to medium heat.

Place the fennel seeds and peppercorns in a frying pan on medium heat and stir constantly until aromatic.

Grind the fennel seeds and peppercorns together using a mortar and pestle, then rub into the kingfish fillets and place on the grill. Cook for 5-7 minutes each side or until the fish is cooked.

Place all of the salad ingredients in a bowl and combine well.

Serve the kingfish fillets with a side of salad.

Grilled Salmon with Thyme & Dill

.....

Serves 2



2 Atlantic salmon fillets
2 tbs olive oil
1 garlic clove, finely grated
2 tbs lemon juice
4 tbs dill, finely chopped
2 tbs thyme, finely chopped
1 lemon, cut into wedges to serve

Instructions

Preheat a BBQ grill to medium heat.

Combine the olive oil, garlic, lemon juice, dill and thyme in a small bowl. Rub the mixture into the fish fillets.

Place the fish on the grill for 4-6 minutes, turning over once until cooked.

Serve with lemon wedges.

Tuna Balls in Tomato Sauce

.....

Serves 4



Sauce

1 onion, finely chopped
3 garlic cloves, finely chopped
2 tbs olive oil
2 tsp sage, finely chopped
2 tsp oregano, finely chopped
4 cups diced tomatoes
½ cup parsley, roughly chopped

Tuna Balls

400g canned tuna, finely chopped
2 tsp oregano, finely chopped
½ cup parsley, chopped
⅓ cup almond meal
¼ cup pine nuts
1 egg

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place all the ingredients for the tuna balls into a bowl and combine well. Roll the mixture into 2.5cm balls and place on an ovenproof tray lined with baking paper. Bake for 15-20 minutes or until lightly browned.

Meanwhile, fry the onion and garlic in the olive oil in a pan on medium heat until browned. Add the sage, oregano and diced tomatoes, cover the pan and simmer for 15 minutes.

Place the tuna balls into the tomato sauce, cover and simmer for a further 5 minutes.

Serve with fresh parsley to garnish.

Chilli Spiced Green Prawns

.....

Serves 4-6



1kg green prawns
4 tbs olive oil
4 garlic cloves, finely chopped
1 tbs ginger, finely grated
2 tsp chilli flakes
2 tbs lemon juice
2 whole cloves
½ tsp ground cinnamon
¼ tsp ground turmeric
6 cardamon pods
2 bay leaves

Instructions

Peel the prawns by first removing the head and legs. Peel the shells from the prawns then squeeze the tail of the prawn to remove it from the body. Pull the vein through the opening at the head of the prawn and discard.

Place the prawns, 3 tbs of olive oil, garlic, ginger, chilli flakes and lemon juice in a bowl and combine well. Cover the bowl with cling film and place in the refrigerator to marinate for 1-2 hours.

Place the cloves, cinnamon, turmeric, cardamon and bay leaves in a frying pan on medium heat and stir constantly until aromatic. Add the prawns and marinade and stir constantly for 4-5 minutes or until the prawns are cooked.

Discard the cardamon pods and bay leaves before serving.

Tuna Filled Grape Tomatoes

Makes 18



50ml white wine vinegar
200ml water
1 tbs black peppercorns
5 bay leaves
18 large grape tomatoes
185g can tuna, drained
3 tbs parsley, finely chopped
1 lemon, juiced
300ml olive oil

Instructions

In a saucepan on medium-high heat bring the vinegar, water, peppercorns and 2 bay leaves to a simmer.

With a knife, cut a small cross at the base of each tomato before placing them into the simmering liquid for 30 seconds. Remove the tomatoes and place in ice-cold water to cool; remove immediately.

Peel the tomatoes, cut off the top of each tomato and carefully scrape out the seeds with a teaspoon. Remove all excess liquid from the tomatoes by placing them upside down on a paper towel.

Place the tuna, parsley and lemon juice into the bowl of a food processor and blend until the mixture is smooth.

Fill the tomatoes with the tuna mixture using a teaspoon or a piping bag.

Place the tomatoes into a sterilized jar, add the remaining 3 bay leaves then fill the jar with olive oil, covering tomatoes completely. Seal the jar and store in the refrigerator for up to 1 week.

Baked Tuna with Steamed Kale & Asparagus

.....

Serves 2



2 x 200g tuna steaks
2 tbs olive oil
3 tbs lemon juice
Finely grated rind of 1 lemon
250g kale, stems removed, finely sliced
2 bunches asparagus
2 cups rocket
2 tbs olive oil
3 tbs lemon juice
4 tbs basil mayonnaise (pg 179)
1 lemon, cut into wedges to serve

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the tuna steaks on an oven tray lined with baking paper and rub the olive oil, lemon juice and lemon rind into the flesh. Bake for 15-20 minutes or until the tuna is cooked through.

Steam the kale and asparagus in a pan with some water for 4-5 minutes or until cooked, drain and place into a bowl along with the rocket, olive oil and lemon juice, combine well.

Place the tuna steak on a plate with a side of kale and asparagus, basil mayonnaise and lemon wedges to serve.

Rosemary Infused Grilled Fish

Serves 4



4 white fish fillets
3 tbs olive oil
½ tsp ground black pepper
2 tsp rosemary, finely chopped
4 rosemary sprigs
1 lemon, cut into 4 wedges

Instructions

Place the fish fillets on a tray lined with baking paper and rub both sides with olive oil, pepper and chopped rosemary. Place the rosemary sprigs on top of each fish fillet and cover the tray with cling film. Place the tray in the refrigerator and leave to marinate for 60 minutes.

Pre-heat a grill to medium-high heat. Place the fish fillets on the grill along with the rosemary sprigs. Cook for 5-8 minutes each side, or until the fish is cooked through.

Serve with lemon wedges.

Lemon Marinated Fish

Serves 4



4 white fish fillets
1 lemon, cut into 4 wedges

Marinade
¼ cup lemon juice
3 tbs olive oil
2 bay leaves
2 tbs onion, finely grated
Pinch ground paprika
Pinch of ground black pepper

Instructions

Place the marinade ingredients in a bowl and combine well.

Place the fish fillets on a tray and coat in the marinade. Cover the tray with cling film then place the tray in the refrigerator for 30 minutes.

Preheat a BBQ grill to medium heat. Place the fish fillets on the grill and cook for 5-8 minutes each side, or until the fish is cooked through.

Serve with lemon wedges.

Grilled Spice-Crusted Hazelnut Flathead

.....

Serves 4



400g flathead fillets
1 cup hazelnut meal
2 tbs ground cumin
½ tsp ground coriander seeds
2 tsp paprika
Pinch of ground black pepper

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place the hazelnut meal, cumin, coriander, paprika and pepper in a medium size bowl and combine well. Press each flathead fillet into the hazelnut mixture to coat.

Place the flathead fillets onto a baking tray lined with baking paper and bake in the oven for 10-15 minutes, or until the fish has cooked through.

Serve with a side of salad.

Atlantic Salmon with Steamed Vegetables

.....

Serves 4



4 x 200g Atlantic salmon fillets
4 tbs olive oil
2 bunches asparagus
2 carrots, sliced
1 bunch broccolini
Tartare sauce *(pg 177)*

Instructions

Place oil in a frying pan on medium heat and fry the salmon fillets skin-side down for 3-4 minutes. Reduce heat to low and turn over the salmon fillets cooking for a further 4-5 minutes or until cooked through.

In a saucepan with a little water on medium heat, steam the asparagus, carrots and broccolini for 4-5 minutes or until tender.

Serve the fish with a side of vegetables accompanied with tartare sauce.

Mini-Tuna Baked Omelettes

Makes 8-10



180g can tuna in brine, drained
6 eggs
⅓ cup water
3 tbs chives, finely chopped
½ small red onion, finely chopped
½ small red capsicum/bell pepper, finely chopped
6 cherry tomatoes, halved

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place the eggs, water and chives in a bowl and combine well. Add the tuna, onion and capsicum.

Grease an oven tray with some olive oil or line each muffin hole with baking paper. Poor the omelette mixture evenly into the muffin holes and top with a tomato half.

Place in the oven and bake for 20-25 minutes or until the eggs are cooked.

Cool slightly before serving.

BBQ Garlic & Lemon Prawns

Serves 4



6 wooden skewers soaked in cold water for 30 minutes.

24 large prawns
⅓ cup olive oil
½ onion, roughly chopped
3 garlic cloves, roughly chopped
3 tsp grated lemon rind
⅓ cup lemon juice
½ tsp ground paprika
1 tsp ginger, finely grated

Instructions

Peel the prawns by first removing the head and the legs then removing the shells. Remove the vein by pulling it gently through the opening at the head of the prawn and discard.

Place the olive oil, onion, garlic, lemon rind, lemon juice, paprika and ginger into the bowl of a food processor and blend to form a paste.

Place the prawns in a bowl and coat in the garlic and lemon paste. Cover the bowl with cling film. Place in the refrigerator and leave to marinate for 1-2 hours.

Preheat a grill to medium heat.

Thread the prawns onto skewers and cook on the BBQ grill for 1-2 minutes each side or until the prawns are cooked.

Serve.

BBQ Ginger & Lemon Prawns with Fresh Ginger Salad

Serves 4-5

Prawns
600g king prawns, peeled
¼ cup olive oil
1 onion, roughly chopped
1 garlic clove, roughly chopped
1 tsp grated lemon rind
2 tbs lemon juice
1 tsp ground paprika
1 tbs ginger, finely grated

Salad
4 small cucumbers, thinly sliced
3cm piece of ginger, thinly sliced
1 tsp sesame seed oil
1 tbs lemon juice

Instructions

Place the onion, garlic, lemon rind, lemon juice, paprika and ginger into the bowl of a food processor and blend to form a paste.

Place the prawns in a bowl and coat in the lemon and ginger paste. Cover the bowl with cling film and place in the refrigerator to marinate for 60 minutes.

Place the salad ingredients in a bowl and combine well.

Preheat a grill to medium heat. Place the prawns on the BBQ grill and cook for 1-2 minutes each side or until cooked.

Place the salad on a plate and top with the prawns.

Baked Salmon Fillet with Fennel Purée

.....

Serves 4



4 x 200g Atlantic salmon fillets
2 tbs olive oil

Fennel Purée
2 medium fennel bulbs, quartered
2 garlic cloves
3 tbs lemon juice
3 tbs olive oil

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

Place the fennel bulbs on a baking tray lined with baking paper and coat well in the olive oil. Bake the fennel in the oven for 30-40 minutes or until the fennel tender. Remove from the oven and cool slightly.

Place the fennel, garlic, lemon juice and olive oil into the bowl of a food processor and blend to a purée.

Line another oven tray with baking paper. Place the salmon fillets on the tray and drizzle with olive oil. Bake the salmon for 15-20 minutes or until the salmon is cooked through.

Serve the salmon with a side of fennel purée.

Prawn Salad with Orange and Rocket

.....

Serves 4



20 prawns, peeled
3 tbs olive oil

<u>Salad</u>
2 oranges, peeled and segmented
4 cups rocket
2 tbs orange juice
4 tbs walnut oil

Instructions

Add the olive oil to a frying pan and place on medium heat. Add the prawns and fry for 1-2 minutes each side or until golden and cooked. Remove from heat.

Place the orange segments into a bowl with the rocket, orange juice and walnut oil and toss gently to combine.

To serve, place the salad in a bowl and top with the prawns.

Seafood Pumpkin Curry

.....

Serves 4



400g monkfish (or thick boneless white fish fillets), chopped into 3cm pieces
8 tiger prawns, peeled

1 tsp brown mustard seeds
½ tsp ground fenugreek seeds
½ tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
½ tsp chilli flakes
8 curry leaves
1 tbs olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tsp ginger, finely grated
2 red chillies, finely chopped
½ butternut pumpkin, diced into 1cm pieces
2 cups diced tomatoes
1 cup coconut milk

Instructions

Place the mustard seeds, fenugreek, turmeric, cumin, coriander, chilli flakes and curry leaves in a frying pan on medium heat and stir constantly until aromatic.

Add the olive oil, onion, garlic, ginger and red chillies and fry until the onion becomes tender. Add the pumpkin, tomatoes and coconut milk, bring to simmering point and cover for 5 minutes.

Place the prawns and diced monkfish into the curry, cover and simmer for 8-10 minutes or until the fish is cooked.

Serve.

Tuna Caesar Salad

Serves 2



1 tuna steak
1 tbs olive oil
2 eggs
4 cups romaine lettuce, chopped
4 tbs lemon mayonnaise *(pg 178)*

Instructions

Pre-heat a grill to medium-high heat.

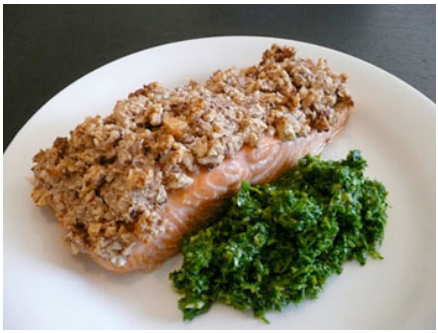
Boil the eggs for 6-9 minutes. Cool then peel and cut the eggs in half.

Rub the olive oil into the tuna steak. Place the tuna on the grill and cook for 4-5 minutes each side or until cooked. Cut tuna into thin slices.

To serve, place the tuna slices and egg halves on the chopped lettuce and top with lemon mayonnaise.

Almond Crusted Salmon with Garlic & Parsley Purée

Serves 4



2 x 200g Atlantic salmon fillets
⅔ cup almonds
2 tbs almond butter
1 tbs lemon juice
1 garlic bulb, cloves peeled
1 bunch parsley, roughly chopped
¼ cup macadamia oil

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the almonds, almond butter and lemon juice into the bowl of a food processor and blend until the almonds are coarsely ground.

Place the salmon fillets skin side down onto a baking tray lined with baking paper and evenly coat the top of the salmon fillets with the almond paste.

Place the tray into the oven and bake for 15-20 minutes or until the salmon is cooked.

To make the parsley purée, place the garlic, parsley and macadamia oil into the bowl of a food processor and blend to a purée.

Place the salmon fillets on a plate and serve with a side of garlic and parsley purée.

Wild Salmon with Grilled Zucchini & Dill Dressing

.....

Serves 4



2 x 200g Atlantic salmon fillets
2 medium zucchini, finely sliced

Dressing
⅔ cup mayonnaise (pg 177)
1 shallot, finely chopped
1 tbs dill, finely chopped
2 tbs water

Instructions

Pre-heat a BBQ grill to medium-high heat.

Place the salmon on the BBQ grill for 6-8 minutes each side or until cooked. Place the salmon to the side and cover in aluminium foil to keep warm.

Place the zucchini slices on the grill and cook for 4-5 minutes, turning occasionally until tender.

Meanwhile, place the dressing ingredients in a bowl and combine well.

To serve, place the salmon on a plate with the zucchini slices and drizzle with the dressing.

Oregano & Lime Prawn Skewers

Serves 4



6 wooden skewers soaked in cold water for 30 minutes.

24 large prawns
½ cup olive oil
2 tbs dried oregano, finely chopped
Finely grated rind of 1 lime
Pinch of ground black pepper
Honey and ginger mayonnaise
(pg 178)

Instructions

Peel the prawns by first removing the head and legs. Peel the shells from the prawns then squeeze the tail of the prawn to remove it from the body. Pull the vein through the opening at the head of the prawn and discard.

Place the prawns, olive oil, oregano, lime rind and pepper in a bowl and combine well. Cover the bowl with cling film and refrigerate for 60 minutes, stirring occasionally to coat the prawns in the marinade.

Preheat a grill to medium heat.

Thread the prawns onto the skewers and cook on the BBQ grill for 1-2 minutes each side or until the prawns are cooked.

Serve with a side of honey and ginger mayonnaise for dipping.

Pan-Fried Sea Bass with Carrot & Bean Sprout Salad

Serves 4

4 x 250g Sea bass fillets
2 tbs olive oil

Salad
2 medium carrots, cut into matchsticks
1 cup bean sprouts
1 red onion, sliced thinly
2 tbs macadamia oil

Instructions

Fry the sea bass fillet in the olive oil in a frying pan on medium heat skin side down for 2-3 minutes or until the skin has become crispy, turn over and cook for a further 1-2 minutes or until the fillets are cooked through.

Place the salad ingredients in a bowl and combine well

To serve, place the salad in a bowl and top with a sea bass fillet.

Baked Fish with Green Olives & Tomato Sauce

.....

Serves 4



4 x 250g white fish fillets
1 onion, finely chopped
2 garlic clove, finely grated
2 tbs olive oil
3 cups diced tomatoes
1 tsp oregano leaves
⅔ cup green olives, pitted
100g baby spinach

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

In a saucepan on medium heat fry the onion and garlic in the olive oil until tender. Add the tomatoes, oregano and green olives, bring to simmering point then remove from the heat.

Place the fish fillets on a baking tray lined with baking paper and cover in the tomato sauce. Place in the oven for 10-12 minutes or until the fish has cooked through.

Lemon Chilli Mackerel with Beetroot & Watercress

.....

Serves 4

4 x 250g mackerel fillets
2 tsp finely grated lemon rind
4 tbs lemon juice
2 tbs olive oil
1 red chilli, seeds removed, finely chopped

Salad
4 large beetroot
100g watercress, roughly chopped
4 tbs olive oil
2 tbs white wine vinegar

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a saucepan on medium heat steam the beetroot in water for 20-30 minutes or until tender. Remove from the pan and leave to cool before cutting into thin slices.

Meanwhile, place the lemon juice, lemon rind, olive oil and chilli in a bowl and combine well.

Place the fillets skin side down on an ovenproof tray lined with baking paper, rub the fillets with an even coat of the lemon and chilli mixture. Bake in the oven for 15-20 minutes until the mackerel fillets are cooked.

Place the beetroot, watercress, olive oil and vinegar in a bowl and combine well.

Serve the mackerel fillets with a side of salad.

Oven Baked Cod with Basil & Two Tomatoes

.....

Serves 4



4 x 250g cod fillets
3 tbs olive oil
3 cups cherry tomatoes, halved
2 cups yellow pear tomatoes, halved
½ cup basil, finely chopped
3 garlic cloves, finely grated
5 spring onions, finely chopped

Instructions

Place the olive oil, cherry tomatoes, yellow pear tomatoes, basil, garlic and spring onions in a bowl and combine well.

Wrap each fish fillets in aluminium foil with an even portion of the tomato mixture. Fold the edges of the aluminium foil to form a tight package.

Bake the cod fillets for 15-20 minutes or until cooked through.

Serve.


EGGS

Omelette Wrap with Watercress & Prosciutto

.....

Serves 2



4 eggs
¼ cup water
1 tbs olive oil
4 slices prosciutto
⅔ cup watercress leaves
Pinch of ground black pepper

Instructions

Beat the eggs and water in a bowl.

Heat a frying pan on low-medium heat with half of the olive oil. Add half of the egg mixture to the pan and move pan in a swirling motion to make a thin omelette. Cook for 2-3 minutes or until the eggs have cooked. Remove from the pan and cool. Repeat with the remaining egg mixture.

Place the prosciutto slices in the frying pan and cook for 1-2 minute, or until lightly browned.

Place a slice of prosciutto and an even amount of tomatoes and parsley on one edge of each omelette. Add a pinch of black pepper then roll up to enclose filling to serve.

Omelette Wrap with Smoked Salmon & Cucumber

.....

Serves 2



4 eggs
¼ cup water
1 tbs olive oil
100g smoked salmon
1 small cucumber, seeded, thinly sliced
2 tbs lemon mayonnaise *(pg 178)*

Instructions

Beat eggs and water in a bowl.

Heat a frying pan on low-medium heat with half of the olive oil. Add half of the egg mixture to the pan and move the pan in a swirling motion to make a thin omelette. Cook for 2-3 minutes or until the eggs have cooked. Remove from the pan and cool. Repeat with the remaining egg mixture.

Place an even amount of smoked salmon, cucumber and lemon mayonnaise on one edge of each omelette, then roll up to enclose filling to serve.

Baked Scotch Eggs

Serves 6



500g minced meat
3 bacon eyes, roughly chopped
1 tsp mild curry powder
6 eggs

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the eggs in boiling water for 4 minutes, then plunge into cold water for 4 minutes to cool. Peel and set aside.

Place the minced meat, bacon and curry powder into a mixing bowl and combine well. Divide the mince into 6 portions. Flatten each portion to form a patty shape of 4mm thickness. Carefully wrap each meat patty around an egg until it is fully encased.

Place the scotch eggs on a baking tray lined with baking paper and bake in the oven and bake for 30-35 minutes or until the mince has cooked.

Cool before serving.

Sweet Potato & Pine Nut Frittata

.....

Serves 4



1 large sweet potato, peeled and thinly sliced
¼ cup pine nuts
1 cup rocket leaves
8 eggs
⅓ cup water

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the sliced sweet potato in a covered pan with water on medium-high heat and boil for 10-15 minutes or until tender.

In a bowl whisk together the eggs and water.

Line an ovenproof dish with baking paper. Layer the slices of sweet potato, pine nuts and rocket leaves in the dish. Repeat the layers before evenly pouring over the beaten egg mixture.

Place the dish in the oven and bake for 15-20 minutes or until the eggs are set.

Cool slightly before serving.

Baby Spinach and Prosciutto Omelette

.....

Serves 4



8 whole eggs
4 egg whites
100g baby spinach
6 sliced prosciutto, diced

Instructions

Preheat a fan-forced oven to 180○ Celsius/350○ Fahrenheit.

In a bowl whisk together the eggs and water.

Line an ovenproof dish with baking paper. In the ovenproof dish, place the baby spinach and press down to remove the space between the leaves. Place the diced prosciutto over the top of the spinach and evenly pour over the beaten egg mixture.

Place the dish in the oven and bake for 15-20 minutes or until the eggs are set.

Cool slightly before serving.

Prosciutto & Egg Salad Wraps

Serves 4



2 eggs
4 slices prosciutto
1 tbs olive oil
1 yellow capsicum/bell pepper, thinly sliced
4 tsp lemon mayonnaise (pg 178)
8 leaves Boston lettuce or mini cos lettuce

Instructions

Boil the eggs in a covered pan for 6 minutes for a soft yolk, or 9 minutes for a hard yolk. Cool then peel and cut into four slices.

Place a frying pan on high heat and fry the prosciutto slices in the olive oil for 1-2 minutes each side or until each side is lightly golden.

To serve, place two lettuce leaves together, place one slice of prosciutto in the centre of the lettuce with two egg slices, two slices of yellow capsicum and a teaspoon of lemon mayonnaise. Fold the lettuce leaf into a wrap. Repeat with the remaining lettuce leaves.

Serve.

Breakfast Omelette with Stir-Fried Vegetables

.....

Serves 2



4 eggs
⅓ cup water
1 tbs sesame seed oil
1 onion, finely chopped
1 red capsicum/bell pepper, thinly sliced
1 baby bok choy, chopped
1 cup bean sprouts

Instructions

Beat the eggs and water in a bowl.

Heat a frying pan on low-medium heat with half of the sesame seed oil. Add half of the egg mixture to the pan and move the pan in a swirling motion to make a thin omelette. Cook for 2-3 minutes or until the eggs have cooked. Remove from the pan. Repeat with the remaining egg mixture.

Fry the onion in the remaining sesame seed oil in the pan until browned. Add the capsicum and bok choy and stir constantly for 3-4 minutes or until the bok choy has just wiled. Add the bean sprouts and stir for a further 30 seconds.

Place the egg omelette on a plate and place half of the vegetables on one side of the omelette, fold the omelette over to cover the vegetables to serve.

Fried Eggs with Tomato and Coriander Salsa

.....

Serves 2



4 eggs
2 tbs olive oil
1 small onion, chopped
4 tomatoes, finely diced
1 tsp paprika
1 tsp ground cumin
Pinch of ground cinnamon
½ cup coriander, finely chopped
Pinch of ground black pepper

Instructions

Heat 1 tbs of olive oil in a frying pan on medium heat and fry the onion until browned. Add the tomatoes, paprika, cumin, cinnamon, and coriander (leaving a few leaves for garnishing). Stir constantly for 8-10 minutes or until the tomatoes have become very tender. Remove from the pan and place to the side.

Place the frying pan back on the heat and add remaining 1 tbs of oil and fry the eggs.

Place the salsa on a plate with fried eggs. Garnish with remaining coriander and a pinch of ground black pepper to serve.

Spiced Scrambled Eggs

.....

Serves 2



4 eggs
3 tbs water
½ small red onion, finely chopped
1 garlic clove, finely grated
2 tsp olive oil
¼ tsp chilli flakes, ground
¼ tsp garam masala (pg 185)
2 saffron strands
4 tbs coriander, finely chopped

Instructions

In a frying pan on medium heat fry the onion and garlic in olive oil until tender. Add the chilli, garam masala and saffron and cook stirring for 1 minute.

Whisk the eggs in a bowl then pour into the frying pan, cook while stirring constantly for 2-3 minutes or until the eggs are soft and cooked.

Remove from the heat and stir in the coriander before serving.

Boiled Eggs with Asparagus & Thinly Sliced Iceberg Lettuce

.....

Serves 2



4 eggs
2 bunches asparagus spears, ends removed, sliced lengthwise
4 cups iceberg lettuce, thinly sliced
½ cup parsley, finely chopped
3 tbs walnut oil
2 tbs balsamic vinegar
Pinch of ground black pepper

Instructions

Place the eggs in boiling water for 5-6 minutes. Cool then peel and roughly chop.

In a saucepan on medium heat, steam the asparagus for 4-5 minutes or until tender.

Place the walnut oil and balsamic vinegar in a small bowl and combine well.

Place the iceberg lettuce on a plate and top with the asparagus spears, then place the chopped eggs on-top of the asparagus and serve with a sprinkle of parsley and pepper.

Drizzle with walnut oil and balsamic vinegar dressing to serve.

Poached Eggs with Stewed Cauliflower

.....

Serves 4



8 eggs
1 small cauliflower, florets separated, stalk thinly sliced
2 tbs olive oil
6 spring onions, finely chopped
4 garlic cloves, finely chopped
1½ cups diced tomatoes
⅔ cup chicken or vegetable stock *(pg 186)*
Pinch of ground black pepper

Instructions

Place the olive oil, spring onions and garlic into a pan and fry on low-medium heat for 3 minutes or until the onions are tender. Add the cauliflower and cook for a further 4 minutes, stirring constantly.

Add the diced tomatoes, stock and pepper, bring to simmering point, cover and cook for 10-15 minutes or until the cauliflower is tender. Mash with a fork until a smooth consistency has been reached.

Break an egg into a cup. Lightly grease one side of a piece of cling film with olive oil. Place greased side of the cling film over the cup and gently turn the cup over so the egg slips onto the cling film. Wrap the egg in the cling film until it resembles a little bag then twist the cling film to close the egg in tightly. Repeat with the remaining eggs then place the wrapped eggs in boiling water for 3-4 minutes to poach.

To serve, place an even portion of the stewed cauliflower on a plate and top with two poached eggs.

Boiled Eggs with Tomato, Eggplant & Green Bean Salad

.....

Serves 4



8 eggs
200g green beans, topped, tailed
8 small Roma tomatoes, halved
6 baby eggplant, thinly sliced
2 garlic cloves, finely chopped
4 tbs olive oil
2 tbs balsamic vinegar
¼ cup mint leaves, finely chopped
¼ cup basil, finely chopped

Instructions

Pre-heat a grill to medium heat.

Steam the beans in a pan with some water until cooked, drain and set to the side.

Place the eggs in boiling water for 4 minutes. Cool slightly then peel.

Cook the Roma tomatoes and eggplant alternatively on the BBQ grill until the tomatoes have softened and eggplant has become char-grilled and tender.

Place the beans, tomatoes, eggplant, garlic, olive oil, balsamic vinegar, mint and basil in a bowl and combine well.

Place the salad on a plate and top with the halved eggs.

Boiled Eggs with Flaked Salmon & Rocket

.....

Serves 2



100g Atlantic salmon fillet
2 tbs olive oil
4 eggs
3 cups rocket leaves
2 tbs avocado oil

Instructions

Place the olive oil in a frying pan on medium heat and fry the salmon fillet skin-side down for 3-4 minutes. Reduce heat to low and turn over the salmon fillet and cook for a further 4-5 minutes. Flake the salmon into pieces and place to the side.

Boil the eggs for 6-9 minutes. Cool then peel and cut in half.

Place the rocket and avocado oil in a bowl and combine well.

Place the rocket on a plate and top with flaked salmon and egg halves to serve.

Poached Eggs with Steamed Asparagus and Tarragon & Caper Dressing

.....



Serves 2

4 eggs
2 bunches asparagus, ends removed
2 tbs olive oil
2 tbs small capers, finely chopped
2 tbs tarragon, finely chopped
2 garlic cloves, finely chopped
4 tbs parsley, finely chopped
2 tsp finely grated lime rind

Instructions

Break an egg into a cup. Lightly grease one side of a piece of cling film with olive oil. Place greased side of the cling film over the cup and gently turn the cup over so the egg slips onto the cling film. Wrap the egg in the cling film until it resembles a little bag then twist the cling film to close the egg in tightly. Repeat with remaining eggs then place the wrapped eggs in boiling water for 3-4 minutes to poach.

Meanwhile, in a saucepan on medium heat, steam the asparagus for 4-5 minutes or until just tender. Remove from heat, drain water and place into a medium sized mixing bowl along with the olive oil, capers, tarragon, garlic, parsley and lime rind and combine well.

Place the asparagus spears on a plate and top with an even portion of the tarragon and caper dressing and poached eggs.

Boiled Eggs with Avocado & Pumpkin Seed Salad

.....

Serves 2



4 eggs
1 avocado, diced
½ red onion, thinly sliced
80g baby spinach
1 cup alfalfa sprouts
2 tbs pepitas
2 tbs walnut oil

Instructions

Boil the eggs for 6-9 minutes. Cool then peel and cut into 4 wedges.

Place the avocado, red onion, spinach, alfalfa sprouts, pepitas and walnut oil in a bowl and combine well.

Place the salad on a plate along with the boiled egg wedges to serve.

Spinach & Thyme Mini-Omelettes

Serves 2



100g baby spinach
4 eggs
½ tsp thyme, finely chopped
¼ cup water
2 tbs olive oil

Instructions

Steam the spinach in a frying pan on low-medium heat with some water until wilted then squeeze out the liquid and finely chop.

In a bowl whisk together the eggs, thyme and water. Add the spinach and combine well.

Return the frying pan back to the heat. On low-medium heat add some olive oil to coat the bottom of the frying pan. Add a sixth of the egg mixture to the pan and move the pan in a swirling motion to make a small thin omelette. Cook for 2 minutes each side or until the eggs have cooked. Remove from the pan and repeat with the remaining egg mixture.

Serve.

Zucchini & Red Onion Mini-Omelettes

.....

Serves 2



3 small zucchini, grated
4 eggs
2 tbs red onion, finely chopped
¼ cup water
2 tbs olive oil

Instructions

In a bowl whisk together the eggs, onion and water. Add the zucchini and combine well.

Heat some olive oil in a frying pan on low-medium heat. Add a sixth of the egg mixture to the pan and move the pan in a swirling motion to make a small thin omelette. Cook for 2 minutes each side or until the eggs have cooked. Remove from the pan and repeat with the remaining egg mixture.

Serve.

Poached Eggs with Tomato, Avocado & Coriander Salad

.....

Serves 2



4 eggs
4 egg tomatoes, finely diced
1 cup coriander, finely chopped
½ avocado, sliced
2 tsp lime juice
1 tbs olive oil

Instructions

Break an egg into a cup. Lightly grease one side of a piece of cling film with olive oil. Place the greased side of the cling film over the cup and gently turn the cup over so the egg slips onto the cling film. Wrap the egg in the cling film until it resembles a little bag, then twist the cling film to close the egg in tightly. Repeat with remaining eggs then place the wrapped eggs in boiling water for 3-4 minutes to poach.

Meanwhile, place the tomatoes, coriander, avocado, lime juice and olive oil in a bowl and combine well.

Place the poached eggs on a plate and serve with a side of salad.

Oyster Mushrooms with Scrambled Eggs

.....

Serves 2



6 eggs
150g oyster mushrooms
1 tbs olive oil
4 tbs chives, finely chopped
2 tbs parsley, finely chopped
Pinch of ground black pepper

Instructions

Place the olive oil in a frying pan on medium heat and fry the mushrooms for 3-4 minutes or until tender. Add the chives, parsley and pepper and combine well. Remove from the pan.

Whisk the eggs together lightly in a bowl then pour into the frying pan; cook while stirring constantly until cooked.

Serve the scrambled eggs with a side of mushrooms.


SNACKS
&
SWEETS

This crumble is perfect to use in a fruit crumble, to accompany a fruit salad or simply as a tasty snack.

Best Nut Crumble

.....

Serves 4



1 cup almond meal
15 small dates
⅔ cup walnuts, roughly chopped
⅔ cup almonds

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Heat the dates in the microwave (or oven) for 20-30 seconds until the dates have softened.

Place the softened dates and almond meal in a bowl and combine well using a fork. Fold through the walnuts and almonds.

Line a baking tray with baking paper. Press small portions of mixture together to form a crumble and place on the baking paper.

Bake the crumble in the oven for 5-7 minutes or until the top turns golden brown.

Chocolate Nut Crumble

Serves 4



1 cup almond meal
15 small dates
2 tbs cocoa powder
⅔ cup walnuts, roughly chopped
⅔ cup pecans, roughly chopped

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Heat the dates in the microwave (or oven) for 20-30 seconds until they have softened.

Place the soft dates, almond meal and cocoa powder in a bowl and combine well using a fork. Fold through the walnuts and pecans.

Line a baking tray with baking paper. Press small portions of mixture together to form a crumble and place on the baking paper.

Bake the crumble in the oven for 5-7 minutes or until the top turns golden brown.

Chewy Honey and Ginger Cookies

.....

Makes 8-10



1 cup almond meal
¼ cup arrow root flour
2 tsp ground ginger
½ cup honey

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Line a baking tray with baking paper.

Place all the ingredients in a bowl and combine well. Roll the almond mixture into 8-10 balls and place onto the baking tray. Flatten the balls by pressing down on them with the palm of the hand.

Bake the cookies in the oven for 10 minutes or until lightly browned. Cool before serving.

The following recipe was made with 85% cocoa chocolate that did not contain soy lecithin, which is a non-paleo ingredient.

This recipe can be made with chocolate containing a higher cocoa content, however, the end result may be bitterer.

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Almond Hedgehogs

.....

Makes 8-10



8-10 patty cake cases (paper)

1 cup almond slivers
100g dark chocolate

Instructions

Place the almond slivers into a frying pan on low heat and cook stirring constantly until lightly toasted. Remove from heat.

Melt the chocolate in a pan over low heat then stir through the almond slivers. Remove from the heat and use a tablespoon to evenly distribute the mixture into the patty cases.

Refrigerate until the chocolate is firm before serving.

Walnut and Sesame Slice

Makes 6-8



1 cup walnuts, roughly chopped
½ cup sesame seeds
½ cup sultanas
2 tsp honey
2 tbs coconut oil

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the walnuts on a baking tray lined with baking paper and bake in the oven for 3 minutes. Place the sesame seeds and sultanas on the baking tray away from the walnuts and return to the oven for a further 3-4 minutes, or until the sesame seeds and walnuts are lightly toasted.

Place the walnuts, honey and coconut oil into the bowl of a food processor and blend until smooth. Place the walnut mixture into a bowl along with the sesame seeds and sultanas and combine well.

Line another baking tray with baking paper. Press the mixture firmly into the tray lined with baking paper to prevent sticking.

Cool in a refrigerator for a few hours. When cooled, remove from the tray and cut into bar shapes.

Serve.

Coconut Chocolate Slice

Makes 6-8



1 cup almonds
2 tbs coconut oil
1 tbs almond butter
1½ tbs honey
½ cup shredded coconut
2 tbs cocoa powder

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the almonds on a baking tray lined with baking paper and bake in the oven for 6-8 minutes, or until lightly toasted.

Place the almonds, coconut oil, almond butter and honey into the bowl of a food processor and blend until smooth. Place the almond mixture into a bowl and combine well with the shredded coconut and cocoa powder.

Line another baking tray with baking paper. Press the mixture firmly into the tray lined with baking paper to prevent sticking.

Cool in a refrigerator for a few hours. When cooled, remove from the tray and cut into bar shapes.

Serve.

Banana & Coconut Pudding

Serves 2

2 ripe bananas, peeled, sliced
½ cup hot water
¼ cup coconut flour
½ cup almond meal
2 tbs arrow root flour
2 tbs coconut oil
2 eggs
⅔ cup coconut milk

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Combine the coconut flour, almond meal, arrow root flour and coconut oil in a bowl. Add the eggs and coconut milk and combine well.

Place the slices of banana in the bottom of an oven proof bowl along with the water. Slowly poor the coconut batter over the bananas.

Place in the oven for 50-60 minutes or until the pudding has cooked through.

Cool slightly before serving.

Mini Baked Coconut Custard with Blood Orange Syrup

Serves 4



2 cups coconut milk
6 egg yolks
4 tbs lime juice
½ cup water
1 tsp honey
¼ cup freshly squeezed blood orange juice

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place the coconut milk, egg yolks and lime juice in a bowl and beat well with a fork.

Pour the mixture into an ovenproof dish and place in the oven for 20-30 minutes or until cooked through. Test by inserting a knife into the centre of the custard, if the knife comes out clean the custard is cooked. Allow to cool to room temperature then place in the refrigerator for 60-90 minutes or until cooled.

To make the syrup, heat the water and honey in a pan on low-medium heat. Bring to simmering point then remove from the heat. Allow to cool slightly before stirring in the blood orange juice.

Place a portion of custard in a bowl and serve with the blood orange syrup.

Nut & Seed Snack with Rosemary

.....

Makes 6-8



½ cup almonds
½ cup pecans
½ cup macadamia nuts, halved
2 tbs pepita seeds
2 tbs sunflower seeds
2 tsp rosemary leaves
½ tsp paprika
1 tbs macadamia oil
1 tbs honey
Pinch of ground black pepper

Instructions

Preheat a fan-forced oven to 160○ Celsius/325○ Fahrenheit.

Place all the ingredients in a bowl and combine well. Place on an oven proof tray lined with baking paper and place in the oven for 6-8 minutes or until the nuts are lightly toasted.

Cool before serving.

Blood Orange Fruit Salad with Pomegranate & Coconut

Serves 2

1 fuji apple, cored, thinly sliced
1 banana, thinly sliced
½ cup pomegranate seeds (approximately ½ a pomegranate)
¼ cup freshly shredded coconut
1 blood orange, skin removed, cut into 8 wedges

Instructions

Place the apple, banana, pomegranate seeds and shredded coconut in a bowl and combine well.

Place the salad in a serving bowl and top with the blood orange wedges to serve.

Mixed Berries & Mint Salad

Serves 4

2 cups strawberries, quartered
1 cup raspberries
1 cup blueberries
½ cup blackberries
¼ cup mint leaves, roughly chopped

Instructions

Place all the ingredients in a bowl and combine well.

SAUCES & DRESSINGS

Mayonnaise

……

2 egg yolks
1 tbs lemon juice
1½ cups grapeseed oil
Pinch of ground white pepper

Instructions

Place the egg yolks and lemon juice in a bowl. Using an electric beater pulse until the mixture has thickened slightly.

Keep the electric blender running and slowly add the grapeseed oil at around 1 tbs at a time. Once the mayonnaise has formed and is thick, place into a bowl and stir in the white pepper.

Cover and refrigerate for up to 5 days.

……

Tartare Sauce

……

⅔ cup mayonnaise (above)
1 tsp grated onion
1 tbs capers, finely chopped
2 tbs parsley, finely chopped
Pinch of ground black pepper



Instructions

Place all the ingredients in a bowl and combine well.

Cover the bowl with cling film and refrigerate for 60 minutes before serving.

Honey and Ginger Mayonnaise

½ cup mayonnaise (pg 177)
½ tsp honey
1 tsp ginger, finely grated
1 tbs spring onions, finely chopped
2 tsp water

Instructions

Place all the ingredients in a bowl and combine well.

Cover the bowl with cling film and refrigerate for 15 minutes before serving.

Lemon Mayonnaise

¾ cup grapeseed oil
1 large egg yolk
3 tbs lemon juice
¼ tsp finely grated lemon rind



Instructions

Place the egg yolks and lemon juice in a bowl. Using an electric beater pulse until the mixture has thickened slightly.

Keep the electric blender running and slowly add the grapeseed oil at around 1 tbs at a time. Once the mayonnaise has formed and is thick, place into a bowl and stir in the lemon rind.

Cover and refrigerate for up to 5 days.

Basil Mayonnaise

……

¾ cup grapeseed oil
1 large egg yolk
3 tbs lemon juice
1 small garlic clove, finely grated
¼ cup basil, finely chopped

Instructions

Place the egg yolks and lemon juice in a bowl. Using an electric beater pulse until the mixture has thickened slightly.

Keep the electric blender running and slowly add the grapeseed oil at around 1 tbs at a time. Once the mayonnaise has formed into a thick mixture, place into a bowl and stir in the garlic and basil.

Cover and refrigerate for up to 5 days.

……

Chilli Mayonnaise

……

2 egg yolks
1½ cups grapeseed oil
2 tbs chilli oil *(pg 184)*

Instructions

Place the egg yolks in a bowl and use an electric beater to pulse until the yolks become light and fluffy.

Keep the electric blender running and slowly add the grapeseed oil and the chilli oil at around 1 tbs at a time. Once the mayonnaise has formed and is thick, place into a bowl.

Cover and refrigerate for up to 5 days.

Tomato Sauce

……

3 x 400g canned whole plum tomatoes
2 garlic cloves, finely chopped
4 tbs olive oil
2 tsp oregano, finely chopped
1 tsp sage, finely chopped
3 tbs basil, finely chopped
Ground black pepper

Instructions

Heat a large pan and fry the garlic in the olive oil until softened.

Add the tomatoes and bring to simmering point, stir but do not break up the tomatoes. Cover and cook for 40 minutes, stirring occasionally. Remove from the heat and stir in the oregano, sage, basil and pepper.

Cover and refrigerate for up to 7 days.

……

French Dressing

……

3 tbs olive oil
1 tbs white wine vinegar
1 tsp sage, finely chopped
1 tsp thyme, finely chopped
Pinch of dry mustard
Pinch of ground black pepper

Instructions

Mix all of the ingredients together in a bowl.

Mix into a salad just before serving.

Spicy Almond Satay Sauce

……



1 small white onion, finely grated
2 garlic cloves, finely grated
1 tsp coconut oil
½ almond butter
¼ tsp ground cumin
¼ tsp ground coriander seeds
Pinch ground turmeric
1 tsp chilli flakes
⅔ cup coconut milk
Sea salt (optional)

Instructions

Place the coconut oil, onion and garlic into a pan and fry on low heat for 3 minutes or until the onion becomes lightly browned.

Add the almond butter, cumin, coriander, turmeric and chilli flakes; stir for 30 seconds. Add the coconut milk and stir constantly until thickened. Season the sauce with ground sea salt if desired.

Remove from heat and cool slightly before serving.

……

Citrus Dressing

……

6 tbs orange juice
1 tbs lemon juice
1 tbs olive oil
2 tsp balsamic vinegar

Instructions

Mix all the ingredients together in a bowl.

Garlic Aioli

……

2 egg yolks
2 garlic cloves, finely grated
¾ cup olive oil
2 tbs lemon juice
Pinch of ground black pepper

Instructions

Place the egg yolks and garlic in a bowl. Using an electric beater pulse until combined.

Keep the electric blender running and add the olive oil slowly at around 1 tbs at a time. Once the mayonnaise has formed into a thick mixture, place into a bowl and stir in the lemon juice and pepper.

……

Garlic & Balsamic Vinegar Dressing

……

1 garlic clove, finely grated
4 tbs lemon juice
1 tbs balsamic vinegar
⅔ cup olive oil

Instructions

Place all the ingredients in a bowl and combine well.

Caper Vinegar Dressing

……

1 hard boiled egg, diced
1 tbs small capers
1 garlic clove, finely chopped
2 tbs oregano, finely chopped
1 tbs white wine vinegar
¼ cup olive oil

Instructions

Place the egg, capers, garlic, oregano and vinegar in a bowl. Using an electric beater pulse until the mixture is smooth.

Keep the electric blender running and slowly add the olive oil until the mixture thickens.

Cover and refrigerate.

……

Balsamic Vinegar & Marjoram Salad Dressing

……

1 tbs balsamic vinegar
6 tbs olive oil
4 tbs marjoram, finely chopped

Instructions

Mix all the ingredients together in a bowl.

Apple Sauce

……

4 apples (Gala, Fuji or Pink Lady), cored, diced
1 cinnamon stick
1 tbs lemon juice
1 tsp ground cinnamon



Instructions

Place the apples, cinnamon stick and lemon juice in boiling water for 4 minutes, or until the apples are tender. Drain and remove the cinnamon stick.

Place the apples and ground cinnamon into the bowl of a food processor and blend until the mixture is smooth.

……

Chilli Oil

……

1 cup olive oil
2 tbs dried chilli flakes

Instructions

Heat a frying pan on medium heat. Add the olive oil and stir for 3 minutes then add the dried chilli flakes and stir for a further 30 seconds. Strain the oil through a sieve to remove the chilli's.

Seal the oil in a sterilized glass bottle and store in a cool place.

Garam Masala

……

2 tsp cumin seeds
2 tsp coriander seeds
3 bay leaves
½ tsp cardamon seeds
½ tsp chilli flakes
½ cinnamon stick
½ tsp cloves
1 tsp black peppercorns

Instructions

Place all of the ingredients into a mortar and pestle and grind spices into a powder.

……

Beef Stock

1kg beef meat on the bone
2 medium carrots, halved
3 onions, peeled, quartered
2 celery stalks, quartered
3 bay leaves
2 tsp ground black pepper
5 liters (20 cups) water

Instructions

Place all the ingredients in a large saucepan, cover and simmer for 3 hours, stirring occasionally.

Strain the stock and remove beef and vegetables from the liquid.

Cool before refrigerating.

Chicken Stock

1kg chicken wings or chicken drumsticks
2 medium carrots, halved
3 onions, peeled, quartered
2 celery stalks, quartered
3 bay leaves
2 tsp ground black pepper
3 liters (12 cups) water

Instructions

Place all the ingredients in a large saucepan, cover and simmer for 1.5-2 hours, stirring occasionally.

Strain the stock and remove chicken and vegetables from the liquid.

Cool before refrigerating.

.....

Vegetable Stock

3 medium carrots, halved
4 onions, peeled, quartered
8 celery stalks, quartered
3 bay leaves
2 tsp ground black pepper
3 liters (12 cups) water

Instructions

Place all the ingredients in a large saucepan, cover and simmer for 1.5-2 hours, stirring occasionally.

Strain the stock and remove vegetables from the liquid.

Cool before refrigerating.



Oven Temperatures

400○ Fahrenheit = 200○ Celsius
350○ Fahrenheit = 180○ Celsius
325○ Fahrenheit = 160○ Celsius
250○ Fahrenheit = 120○ Celsius

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Spoon Measures

¼ tsp = 1.25ml
½ tsp = 2.5ml
1tsp = 5ml
1tbs = 15ml

.....

Cup Measures

½ cup = 60ml
1/3 cup = 80ml
½ cup = 125ml
1 cup = 250ml

Liquid Measures

30ml = 1 fluid oz
60ml = 2 fluid oz
100ml = 3 fluid oz
125ml = 4 fluid oz (½ cup)
150ml = 5 fluid oz
190ml = 6 fluid oz
250ml = 8 fluid oz (1 cup)
300ml = 10 fluid oz
500ml = 16 fluid oz
600ml = 20 fluid oz
1000ml = 1 ¾ pints (1 litre)

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Dry Measures

15g = 1/2oz
30g = 1oz
60g = 2oz
90g = 3oz
125g = 4oz
155g = 5oz
185g = 6oz
220g = 7oz
250g = 8oz
280g = 9oz
315g = 10oz
345g = 11oz
375g = 12oz
410g = 13oz
440g = 14oz
470g = 15oz
500g = 16oz (1lb)
750g = 24oz
1kg = 32oz (2lb)

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